



# **Team Nutrition Days... and Beyond**



## **How-To Kit**

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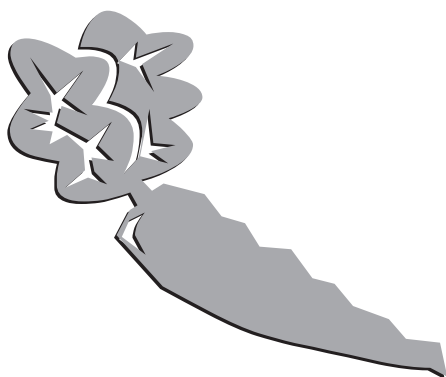
# Team Nutrition Days... and Beyond

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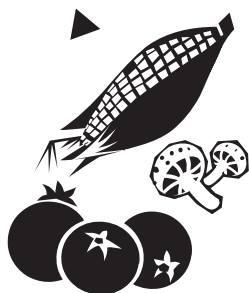
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# Team Nutrition Days... and Beyond

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**W**elcome to *Team Nutrition Days*, an exciting nationwide educational opportunity to show students and communities how the earth provides us with the variety of foods that feed our bodies and keep us healthy! This project is designed to strengthen ties among schools, families, communities, businesses, and government agencies, and to link the classroom and school meals programs in communicating the theme **Get Growing — From the Ground Up!**

You have a great deal of flexibility in selecting your school's *Team Nutrition Days* events and activities. You might undertake a project that involves any combination of the classroom, cafeteria, community, school and community gardens, farmers' markets, small resource farmers and gardeners, or other local resources. School-wide activities are only encouraged and not required. Select activities that suit your school's needs and resources and time available. The size and scope of your activities are up to you, so be creative and have a good time.

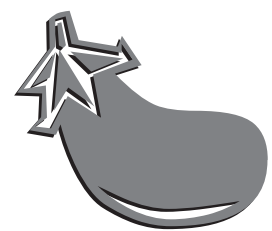
During the week of May 5 - 9, 1997, involve your school and community in activities that communicate the theme **Get Growing — From the Ground Up!** and demonstrate the link between agriculture, nutrition, and health.

This "How-To" kit gives you guidelines and suggestions on:

- ▶ Working with Parents, Supporters, and Community Organizations
- ▶ Starting a Team Nutrition Garden
- ▶ Hosting a *Team Nutrition Days* Food Festival
- ▶ Promoting and Publicizing Your *Team Nutrition Days* Event
- ▶ Locating Resources

*Team Nutrition Days* is sponsored by the U.S. Department of Agriculture's (USDA) Team Nutrition, a program launched in 1995 to support schools in serving healthier school meals. Team Nutrition provides training and technical assistance for school food service professionals and entertaining, motivational nutrition education for children and their families. Your school is among the thousands of Team Nutrition Schools across the country that have officially joined the Team. Team Nutrition School principals, food service staff and teachers share the commitment to involve parents and the community in this innovative and exciting program, leading the way to improved health for America's children.

Be creative and enjoy *Team Nutrition Days* — and don't stop there. Use these materials to conduct Team Nutrition activities throughout the year.



# Working With Parents, Supporters and Community Organizations

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## Team Nutrition Supporters

Community institutions play an important role in influencing children's attitudes and behaviors about food and nutrition. They also play a critical role in Team Nutrition linking schools and communities by participating directly in local Team Nutrition activities and reinforcing Team Nutrition's healthy eating messages. Already, more than 300 organizations are Team Nutrition Supporters.

Many Team Nutrition Supporters are available to work with you to plan or conduct your *Team Nutrition Days* activities. These organizations are listed at the end of each activity section.

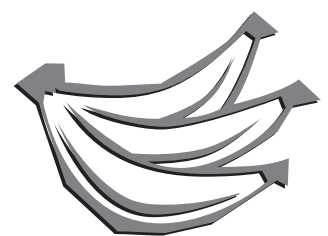
Below are some guidelines for contacting Team Nutrition Supporters:

- ▶ When making the initial contact, explain who you are and that you are calling in regard to the organization's listing as a resource for *Team Nutrition Days* activities.
- ▶ Give a brief description of your *Team Nutrition Days* activities, the specific help or resources you need, and the amount of volunteer time you need for each specific activity.
- ▶ If you are referred to a local affiliate, be prepared to give a brief overview of *Team Nutrition Days* or Team Nutrition, if necessary.

## Parents and Other Community Organizations

Getting help from parents, local groups, and businesses is more than a way of obtaining needed resources. It helps publicize and generate interest in your *Team Nutrition Days* activities and involves the community in supporting nutrition education. Below are some helpful, basic guidelines for getting these groups involved:

- ▶ Give a brief description of your *Team Nutrition Days* activities, and list a specific set of needs when approaching potential volunteers.
- ▶ Tell prospective volunteers how you'll highlight their help (signs at the event or garden, mention in press materials).
- ▶ Acknowledge all contributions and volunteers with a thank-you letter. Include any newspaper clippings or photos that highlight the company's or organization's name on materials.
- ▶ Formally invite parents, PTA or PTO representatives, and others to serve on a Team Nutrition advisory committee. For assistance in contacting a PTA in your area, visit the National PTA web site at <http://www.pta.org>, or contact your State PTA representative.
- ▶ Ask for parent participation by sending announcements and *Team Nutrition Days* information home with the students.
- ▶ Invite parents to share their special skills, interests, and ideas with students.
- ▶ Use special events such as *Team Nutrition Days* to involve parents and other adults who can't visit regularly.

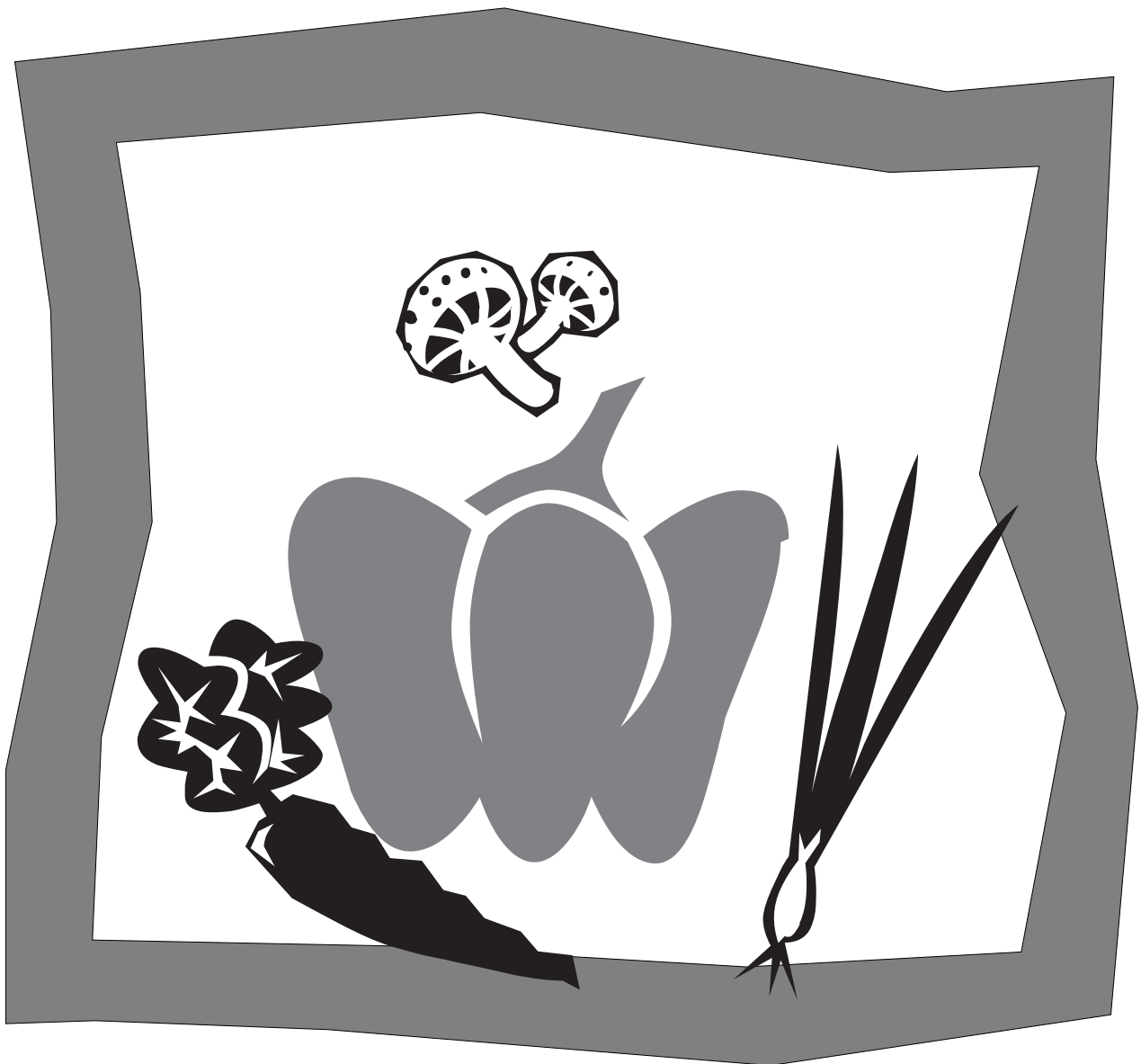


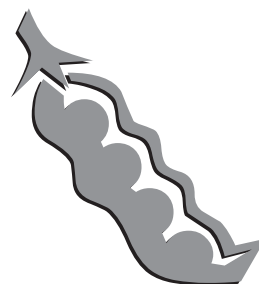


## *Team Nutrition Days*

### **Sample Activity**

# **Starting a Team Nutrition Garden**





# Starting a Team Nutrition Garden

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*Gardening offers a good opportunity to practice reading and language skills (via seed packet planting instructions), math skills (using seed packet information to determine when and how much to plant), and to understand the scientific process (regional variations and soil erosion).*



*Information in this section was adapted from the National Gardening Association's Growing Ideas: A Journal of Garden-Based Learning. For a sample copy of the Growing Ideas newsletter and brochure, call the National Gardening Association at 1-800-538-7476.*

**G**rab some seeds and a watering can and start a garden with your students so they can see how the foods they eat grow — from the ground up! Gardening presents a good opportunity to involve parents, other community members, Team Nutrition Supporters, and local organizations and merchants. Work with your school food service personnel to use the products from your garden in a special school dish, lunch, or food festival, or have your students take some home to share with their families. A great location for your project might be right in your classroom, an existing community garden, or your school's yard. Focus on local crops and design a *Team Nutrition Days* garden that meets your school's needs and resources. The size of the garden and crops you grow are up to you. You can start out small with classroom experiments or jump right into growing your own outdoor garden. The list of educational resources provided at the end of this section is a great place to get ideas.

## Simple Gardening Experiments

Indoor gardening can provide interactive lessons in science, math, language arts, and social studies. In fact, your class may already be doing these fun classroom experiments. Here are some additional suggestions to help plant a seed in young minds:

- ▶ Plant a bean (lima, kidney, great northern) in a cup and watch it sprout. You can also conduct an experiment to find out what grows when you plant potatoes, avocados, or alfalfa sprouts.
- ▶ Build a rain gauge and measure the rainfall in your area for an entire month or season. Call your local weather service to get last year's rainfall for the month(s) that you measured and compare the two. Discuss how rain might affect the growing season.
- ▶ Grow carrots, onions, or bean seeds in a clear container so that your class can observe the amazing network of roots. Discuss why roots grow in all different directions.

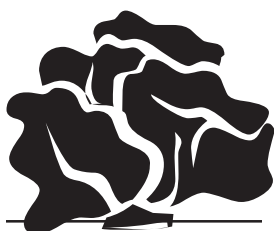
## Classroom Gardening

You might want to grow a garden in your classroom or plant seedlings to be transplanted outside at a later date. If growing a classroom garden sounds exciting, then contact a master gardener, small resource farmer, or Cooperative Extension Agent for specific gardening information. Discuss with your partner(s) the type of garden and crops (vegetables, fruits, herbs) that you would like to grow. Consider the following:

- ▶ **Containers.** Many types of containers work as long as they're at least two to three inches deep and have drainage holes. Try a recycled container such as a milk carton. Indoor gardens can also grow in other inexpensive containers such as in a garbage bag, bushel baskets with a plastic liner, a cardboard box, or a Styrofoam cooler.
- ▶ **Soil Preparation.** Encourage students to research the best types of soil to use for different crops and growing conditions. Even after you have selected the appropriate soil, encourage your students to experiment with growing plants in different soils. A hydroponic garden does not use soil. Ask a hydroponic farmer how this type of garden grows.
- ▶ **Ready to Plant.** This is a great time to build math skills. Have students read the package instructions, count how many seeds should be planted in each container, and decide how far apart they should be planted.
- ▶ **Light.** Although you can grow seedlings on well-lit windowsills, they tend to grow better under fluorescent lights. Try exposing your seedlings to different amounts and sources of light and compare how they grow.



*If you want to grow an outdoor garden but do not have space available on school grounds, you may wish to contact a community garden, business, or other organization in your area to see if space is available.*

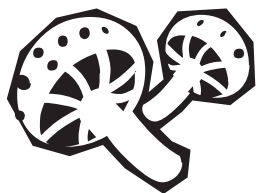


*Involve your students in garden maintenance and harvesting. Watch their knowledge and enthusiasm grow as the garden grows!*

- ▶ **Temperature.** Soil temperature is very important for quick germination of seeds. Students can research the temperature at which your particular crops will grow best. You might want to try growing certain plants at different temperatures in order to determine how this factor affects their growing cycle.
- ▶ **Tending Seedlings.** It is best to water seedlings when they need it rather than on a regular schedule. Students should test soil moisture with their fingers, and water only when the top 1/2 inch of soil is dry. Consult your local gardening resources to determine the appropriate fertilizer and how often to feed your crops.

## Outside Gardening

- ▶ Determine where you will grow a garden, decide what to grow, and develop a planting calendar. If you have the resources to transplant your garden outdoors, consider average frost in your area, frost tolerance of desired crops, time required for growing, and project deadline. When deciding what to grow, consider a thematic garden, such as an Alphabet Garden, Nutritious Snack Food Garden, Culinary Herb Garden, Ethnic Garden, or create your own theme. Follow the same instructions provided above for growing seedlings indoors. Students can check seed packets or gardening books to find out about ideal planting time and conditions. Your local gardening resource can help with any questions you might have.
- ▶ Before transplanting your seedlings to an outdoor garden for the remainder of the growing season, it will be necessary to “harden off” or expose them to harsher outdoor conditions. Your students may want to experiment with the health and growth of a hardened-off plant compared with one planted directly outside.
- ▶ Pick an outdoor gardening spot. A 5’ x 5’ plot of land is ideal for a Team Nutrition School garden.
- ▶ Make sure a vegetable garden gets at least six hours of sunshine a day — otherwise the seeds produce plants and leaves and not much food.
- ▶ Other considerations: Is the plot of land reasonably level and on higher ground? Is there access to water? Is the soil healthy? What is the soil lead content and pH level? What needs to be done to prepare and enhance the soil?
- ▶ **Design the site.** Draw a picture of your garden and map out what plants will grow in which rows. Figure how far apart the rows should be by finding out how wide the plants will grow. This is a fun way to teach math to your students. During the seedling germination, students can draw or paint pictures of what your garden will look like at the various stages of development.
- ▶ **Get the tools.** If your school does not own gardening tools, find a community organization or local business to donate or loan you the tools, or check “yard sales” to buy used tools.
- ▶ **Develop your garden.** The seedlings can be planted as soon as the soil is dry enough to be dug into and loosened, and the danger of frost is past. Involve your students in this process of preparing the soil. Consult with your gardening partners to determine how to develop your garden.
- ▶ **Ready to (trans) plant.** Check with your gardening partners about how to transplant seedlings and the care involved in tending a garden.
- ▶ **Identify your crops.** Place markers in the soil to identify each crop as it is planted. Students can create markers in art class, while seedlings are germinating indoors.
- ▶ **Working the garden.** Plan class time for students to tend the garden.



## Promotion

It is important to promote your event throughout the community. This can help you attract volunteers and gain media coverage of your school garden. See the section on *Promoting and Publicizing Your Event* for suggestions and sample materials.

## Growing Minds

The lesson doesn't stop here! After the garden is harvested, there are many ways your students can continue to learn from their hard work. Health experts have observed that many children do not eat enough fruits and vegetables. Your *Team Nutrition Days* gardening activity can motivate students to choose to eat the healthy fruits and vegetables they're growing and studying. Encourage students to seek information from a wide variety of sources like those listed at the end of this section.

The following suggestions can help the students understand the connection between agriculture and a healthy diet. Following are grade-appropriate activities that are both fun and educational:

### Grades K-2

- Encourage students to expand their willingness to taste and their ability to describe new plant flavors. Help them develop “taste etiquette” — describe something as “peppery” or “zesty” rather than “yucky.”
- Read garden- or food-related stories to your class to expose students to literature and language. Contact your school or community librarian for a suggested book list.
- Build sensory awareness — blindfold students and let them taste, touch, listen to, and smell different foods. Remove the blindfold and let them explore these foods with their eyes.

### Grades 3-4

- Students can learn about health by creating a chart that shows how many fruits and vegetables they eat each day. This can become a personal “I Tried It!” chart to track the new foods they have eaten.
- Create a craft or other entertaining educational activity to present what your students have learned. Suggestions include a puppet show, video, essay, poem, dance.

### Grades 4-6

- Students can develop writing skills by documenting gardening activities in a journal.
- Students can keep a log of foods they eat then sort foods according to the Food Guide Pyramid, and compare what they ate to the recommended number of servings in each food group.
- Invite local chefs from the community to show a variety of fresh fruits and vegetables, tell where the foods come from, and how they grow. Invite a farmer's market into your school and have a “touch and feel” display of produce, herbs, and spices.

### Grades 7-8

- Research a particular food crop, including its botanical family, where it fits into the Food Guide Pyramid, its history and origin, where it's grown, how it's used around the world, its structures and life cycle, its nutritional value, and ways of preparing it for eating. The students can learn about social science, history, language, geography, and health all at once!

- Research different ways to use herbs and fresh vegetables and conduct cooking demonstrations. If the students grew herbs or vegetables, share them with your food service staff to complement a nutritious school meal. If possible, coordinate a cooking lesson in your school's kitchen using the produce your class has grown.

### Grades 9-12

- To provide a journalism experience, publish a class or school newspaper about gardening activities and what your students are learning.
- Involve older students in helping younger children understand the importance of nutrition and physical activity to good health. Older students could serve as role models, mentors, or teachers' aids.

## Follow Up Activities

Send thank-you letters to all participants. Follow up with them to evaluate if the activity was a success and if they would be interested in collaborating again. Complete the Feedback Form and return it to USDA.

## Educational Resources

- National Gardening Association (see *Locating Resources*)
- CD-ROM encyclopedias
- Internet: <http://www.usda.gov/fcs/team.htm>, or <http://www.schoolmeals.nal.usda.gov>
- Gardening books
- Educational materials from food companies
- Journals
- Food Guide Pyramid
- Recipes and cooking instructions
- Materials for educational crafts, essays, poems, etc.
- Team Nutrition's *Community Nutrition Action Kit* (contact your local or State Cooperative Extension Agent listed in *Locating Resources* for information)
- Team Nutrition's *Food, Family and Fun: A Seasonal Guide to Healthy Eating*

## Team Nutrition Supporters

The following organizations have expressed specific interest in assisting Team Nutrition Schools with their gardening projects by providing volunteers, educational materials (fees may apply), and supplies. Please see the *Locating Resources* section for full contact information.

### Ag In The Classroom

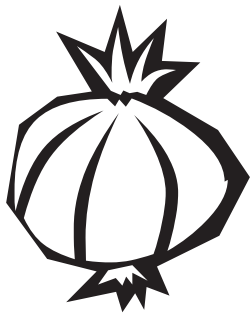
Can provide agriculture education materials, State coordinators available for resource information.

### America the Beautiful Fund

*Free Seeds! For School Projects* is offering grants of 100 to 1000 packets of seeds and a Green Earth Guide for school groups doing projects throughout their communities and in the classroom. Send a self-addressed, stamped envelope to the address listed in the "Locating Resources" section for an application.

### American Cancer Society

The American Cancer Society is committed to helping school districts build a better system for health education, including cancer prevention, through a comprehensive approach. For more information about American Cancer Society school health programs, including nutrition materials, please contact your local Unit or 1-800-ACS-2345.

**Beef Products, Inc.**

Can provide gardening supplies to schools.

**Building Blocks Day School at The House of Mercy**

Can provide volunteers.

**California Department of Education - NET Program**

Can provide volunteers to assist in coordinating activities and materials such as an information packet with ideas on how to start growing a school garden.

**California Tomato Growers Association, Inc.**

Can provide gardening materials, supplies and volunteers.

**Congressional Hunger Center**

Can provide a community garden task force for overall guidance and assistance on various gardening activities.

**Girl Scouts of the USA**

Can provide volunteers.

**Green Thumb Inc.**

Can provide volunteers.

**Illinois Community Action Association**

Can provide gardening materials, supplies and volunteers.

**Life Lab Science Program**

Many educational materials available including *Getting Started: Creating a School Garden as an Outdoor Classroom*; The Growing Classroom Activity Guide (Grades K-6); Life Lab Science Core Curriculum (Grades K-5); *Life Lab Science Program*; and *Let's Get Growing!* catalog of environmental science and nature education supplies.

**Mothers and Others**

Can provide gardening materials, supplies and volunteers.

**National Farmers Union**

Call 1-800-347-1961 ext. 2527 for state contact names and information: AR, CO, ID, IL, IN, IA, KS, MI, MN, MT, NE, ND, NM, NY, OH, OK, OR, PA, SD, TX, UT, WA, WI.

**National FFA**

Can provide educational materials, volunteers, or activities. Contact the agriculture department of your local high school to locate the FFA chapter in your area. If you need assistance, call the National Food for America Program Coordinator.

**National Gardening Association (NGA)**

The National Gardening Association helps schools nationwide create indoor and outdoor living garden laboratories that grow engaged learners, environmental stewards, and healthy consumers. Here's what NGA can offer your school to help young minds grow:

- *Growing Ideas: A Journal of Garden Based Learning* (teachers' newsletter);
- Annual Gardening Grant Awards(300 annual Youth Gardening Grants — \$500 worth of tools, seeds, gardening supplies and educational materials).
- *Growing Ideas Catalog: Teaching Tools to Help Young Minds Grow* (Includes *Guide to Kids' Gardening*, curricula, indoor gardens and more);
- GrowLab Indoor Garden Based Science Program (Request the instructional overview materials of this K-8 curricula);
- KidSeeds (an assortment of 200 seed packets, send a check for \$15 for postage and handling to KidSeeds NGA);
- *National Gardening* magazine. Call 1-800-LETSGRO(1-800-538-7476) to receive a gardening grant application or a free copy of these publications.

**Pumpkin Circle**

Producing live action video for ages 4 and up.



## Other Suggestions

Other potential sources of support for your gardening projects:

- ▶ State Department of Public Health
- ▶ Farmers' markets
- ▶ Local farmers and growers
- ▶ Nurseries/gardening centers
- ▶ Botanical gardens/arboretums/nature centers
- ▶ Urban gardening leagues
- ▶ Churches/synagogues
- ▶ Senior centers
- ▶ Grocery stores
- ▶ Neighborhood co-ops
- ▶ Local businesses
- ▶ Adopt-A-Garden (Adopt-A-School)
- ▶ Parents/grandparents/retirees
- ▶ Local chefs/cooks from restaurants, hospitals, businesses, large and small feeding operations



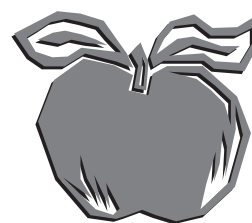


## *Team Nutrition Days*

### **Sample Activity**

# **Hosting a *Team Nutrition Days* Food Festival**





# Hosting a Team Nutrition Days Food Festival

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**D**uring *Team Nutrition Days*, your school may wish to host a Food Festival to provide an entertaining and interactive learning opportunity for your students. Such an event, featuring student- and partner-sponsored educational activities and exhibits, can be a fun community-wide effort. Activities could include healthy cooking demonstrations, food sampling, creative crafts, and a school garden tour.

Exhibits might include picture boards, art displays, computer CD-ROM programs, and videos. Involving local organizations and businesses will expand the range of activities and services you can provide and help create an exciting environment where students can **Get Growing — From the Ground Up!**

The size and scope of your activity is up to you and your students. The sky's the limit! Be creative, develop a positive learning environment for your students, and most of all — have fun!

## Get Ready...

- Establish a steering committee for your school's *Team Nutrition Days* Food Festival (principal, food service personnel, teachers, school nurses, supporters). Designate a school leader and a "captain" for each grade to organize and oversee classroom exhibits and projects. Try pairing a student and teacher as "co-captains" of their grade or section.
- Choose a date(s) and develop your agenda.
- Identify potential volunteers in your community to help provide resources, exhibit, or teach during your event. Discuss the learning needs of the students, appropriate topics, and needed materials. Volunteers might include your State or local health department, local chapters of organizations such as the American Heart Association, local Cooperative Extension Agents, and local restaurant/chefs' associations.
- ▶ Invite key speakers/guest(s) of honor to generate enthusiasm and encourage participation from the entire school and larger community. Guests of honor might include local celebrities, sports figures, TV and radio personalities, or legislative representatives.
- Locate space in which to hold the event. In addition to the gymnasium or cafeteria, you may want to use the school playgrounds, garden, greenhouse, kitchen (for demonstrations), computer labs, science labs, or classrooms. Order tables, chairs, table skirts, decorations, music, and other necessities. Design the fair layout and determine the traffic flow. Appoint monitors to keep event traffic moving.

## Food Service

The school food service team plays a key role in Team Nutrition. They take great care in preparing school meals every day. They make the cafeteria a nutrition learning lab! Include members of the staff to work with individual classrooms to create tasting booths for the Food Festival, prepare a special school lunch that day, or conduct some other healthy eating activities.

- Determine what will be prepared and purchase or solicit donations from partnering organizations.

- Arrange to meet catering needs — hot plates, warming lights, serving utensils, tables, chairs, table skirts, decorations, music, etc.

### Community Cookbook

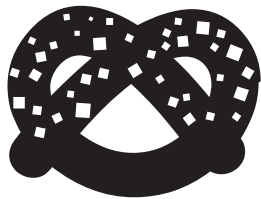
Create a cookbook featuring healthful recipes from students, parents, and staff. Sections in the cookbook might focus on different areas of agriculture, the Food Guide Pyramid groups or different meals/courses (soups, salads, healthy snacks, or breakfast). The cookbook could be displayed or even sold as a school fund-raiser during your *Team Nutrition Days* Food Festival.

- Announce a school-wide artwork contest for the cookbook.
- Encourage students to contribute recipes and related artwork. Provide criteria for the recipes: the number of ingredients; nutritional value; ease of preparation; taste; cultural variation; use of locally grown foods; and cost of ingredients.
- Determine the production and funding needs for the cookbook. Identify volunteers willing to collaborate on your efforts.
- Serve a school meal featuring recipes from the cookbook.

### Class/Individual Projects

Encourage students to work individually or as a class to create projects based on the *Team Nutrition Days* theme. The projects can be exhibited during your Food Festival. If you wish, students can compete for prizes based on accuracy, creativity, uniqueness, presentation, and ability to communicate the *Team Nutrition Days* theme.

- Establish criteria for *Team Nutrition Days* individual and classroom projects, and announce them to students. Projects, for example, might be in the form of writing, creative presentation, art, or video that communicates the theme **Get Growing — From the Ground Up!** Ideas include:
  - English: Essays, short stories, poems, haiku, videotape of a student produced news segment, or a game show on nutrition or agriculture.
  - Art: Paintings, collages, papier mache, or photography depicting agriculture.
  - Science: Plant diagram, mini-garden, scientific properties of baking, sugar tubes, fat tubes, sodium tubes, dehydrated foods.
  - Social Science/Language: Cultural variations and food practices; climatic and geographic variations of harvests; import/export of regional crops, such as:
    - Foods of Spain — Study the traditional foods of Spain (churros, tapas, empanadas, etc.). Do they differ from region to region?
    - Caribbean Festival — Highlight food customs surrounding traditional festivals and celebrations. What foods grow best in this tropical environment? Prepare samples of traditional dishes (jerk chicken, papaya curry, red beans and rice, etc.).
    - Japanese Breakfast — What is Japan's primary crop? How is it grown? How is it used in a Japanese breakfast? What are other Japanese breakfast foods? Prepare samples (rice rolls, bean curd soup, sweet cake, etc.).
- Other: Each grade can chose a topic to research and exhibit in an interesting and interactive way. For example:
  - "Food Guide Pyramid: The Great Pyramid of Modern Times" — Students can design a large Food Guide Pyramid made of felt and attach foods (made with felt and Velcro backs) to the corresponding category on the Pyramid. Choose foods that are typically grown in your area or try adding unfamiliar foods.





- “How I Eat My Fruits and Vegetables” — Students can brainstorm and create a handout on different ways to eat more fruits, vegetables, and grains and highlight where these foods come from and how they grow. The students who already eat a variety of fruits and vegetables a day can share their secrets with friends and family.
- “Sports Nutrition: Eating for the Active Teen” — Students can research the recommendations for how adolescent athletes should eat. Students can make a list of meal and snack suggestions and dispel common “myths” surrounding sports nutrition (amino acids build muscle or bananas are fattening, etc.).
- “The Cool Potato: Not a Dud Spud” — Students can research the potato’s history in Peru and Ireland, nutrient value, and uses. Prepare a tasty potato dish to share with the school, or highlight your school’s potato bar.
- “Breakfast for Champions” — Is there a connection between eating breakfast and having the energy it takes to be your best? Why is breakfast frequently called the most important meal of the day? Discuss why we should eat more breads and cereals based on the Food Guide Pyramid. Where do breads and cereals come from?
- “Healthy Snacks for Bright Minds” — Snacks are an important source of nutrients for growing children and adolescents. Students can research which foods make healthy snacks. Preparing a healthy snack can be as simple as peeling a banana or slicing an apple. Provide sample snacks, recipes, and a list of their sources.
- “From Seed to Plate: Growing and Eating Your Goodies” — Grow a class or school garden and share the tasty rewards. What did your class grow? How? Provide sample goodies from your garden, if possible.
- “Create Your Own Fruit Pizza” — A unique twist to the old favorite, fruit pizzas can be a tasty and healthful meal or snack. Start with a baked crust, top with low-fat cream cheese or whipped topping. Encourage students to gather their favorite fruits for toppings and create their own masterpieces. Share the recipe with the school and provide samples.
- “Design Funny Yummy Edible Characters” — Create an edible character consisting of different fruits or vegetables. Take pictures to show later, then let students eat their yummy creations. Students can research the different fruits and vegetables on their edible character in order to determine their source, where they are grown, and their nutritional value. Exhibit these findings along with the photos at the Food Festival.

## Get Set...

- ▶ The day before or morning of the event, decorate area and set up displays/exhibits. Have technical assistance available in case problems arise with audiovisual equipment.
- ▶ Designate a school historian or interested student to videotape your *Team Nutrition Days* Food Festival. This is a great way to document your school’s efforts in creating a community-wide educational experience.

## Go!

- ▶ Launch your event — and have fun!
- ▶ The flow of participation in your *Team Nutrition Days* activities will depend largely on the size of the student body and structural limitations of the school day. You and your school’s administration should decide what is the best learning environment for your students.



## After the Event...

- Send thank you letters to all participants.
- Follow up with them to evaluate if the activity was a success and if they would be interested in collaborating again in the future.
- Recognize students for their hard work and creative efforts with ribbons, certificates, or prizes. Possible awards include savings bonds from local banks; certificate presented by the guest of honor; an article highlighting students in the school or town newspaper; gift certificates to local restaurants, sporting events, sporting goods stores, educational software stores, amusement parks or other recreation outlets.
- Complete the Feedback Form and return it to USDA.

## Education Resources

- CD-ROM encyclopedias
- Internet: <http://www.usda.gov/fcs/team.htm>, or <http://www.schoolmeals.nal.usda.gov>
- Educational materials from food companies
- Food Guide Pyramid
- Recipes and cooking instructions
- Materials for educational crafts, essays, poems, etc.
- Team Nutrition's *Community Nutrition Action Kit* (contact you local Cooperative Extension Agent for information)
- Team Nutrition's *Food, Family and Fun: A Seasonal Guide to Healthy Eating*
- Team Nutrition's *Great Nutrition Adventure Action Packet*
- Scholastic/Team Nutrition Classroom Resource Kits (1-800 SCHOLAS(TIC))

## Team Nutrition Supporters

The following organizations have expressed specific interest in working with Team Nutrition Schools on their fairs and festivals by providing volunteers, educational materials (fees may apply), and supplies. Please see the *Locating Resources* section for full contact information.

### American Academy of Pediatrics

Local pediatricians are outstanding resources for expertise on children's health. Contact the national office for assistance in locating a pediatrician in your area.

### American Bakers Association

Can provide educational materials, activities or volunteers.

### American Cancer Society

The American Cancer Society is committed to helping school districts build a better system for health education, including cancer prevention, through a comprehensive approach. For more information about American Cancer Society school health programs, including nutrition materials, please contact your local unit or 1-800-ACS-2345.

### American Culinary Federation/Chef and the Child Foundation

Can provide educational materials (grades Pre-K - 5) such as cookbooks, coloring books, and placemats (for a small fee), and volunteer chefs to present the materials at a fair or other events. Please fax detailed request.

### American Dietetic Association

For a referral to a registered dietitian (RD) in your area and to listen to recorded food and nutrition messages, call 1-800-366-1655. For customized answers to your food and nutrition questions, dial 900/CALL-AN-RD (900/225-5267.) The cost is \$1.95 for the first minute and \$.95 for each additional minute. To visit the American Dietetic Association's home page, use the address: <http://www.eatright.org>



### **American Heart Association**

American Heart Association's new school-site education program, HeartPower! includes investigations on how the heart works, nutrition, physical activity, and living tobacco free. Also, ask about AHA's popular physical activity fund-raising events Jump Rope For Heart for elementary school children and Hoops For Heart for middle and high school students. For more information, call your local American Heart Association office, or 1-800-AHA-USA1 (1-800-242-8721).

### **American Institute for Cancer Research**

Can provide educational materials, activities or volunteers.

### **Arkansas Egg Council**

Can provide educational materials, activities or volunteers.

### **Associated Churches Food Bank System**

Can provide educational materials, activities or volunteers as well as supplies for a food tasting activity.

### **Bennington-Rutland Opportunity Council, Inc. (BROC)**

Can provide educational materials, activities or volunteers.

### **Building Blocks Day School at The House of Mercy**

Can provide volunteers for a food tasting activity.

### **California Beef Council**

Can provide beef education materials.

### **California Department of Education - NET Program**

Can provide reproducible nutrition education materials for families and teachers, and volunteers to help plan events.

### **California Prune Board**

Can provide a "Taste the Future" training module which explains how to create nutritionally superior foods and make them taste great.

### **California Tomato Growers Association, Inc.**

Can provide educational materials, activities or volunteers.

### **Cherry Marketing Institute**

Can provide educational materials such as cherry posters, table tents, recipe brochures, and cherry nutrition guides.

### **Community Resource Center**

Can provide volunteers.

### **Congressional Hunger Center**

Can provide curricula, lesson plans, and volunteers to coordinate nutrition education festival activities.

### **Culinary Institute of America**

Can identify local chefs who may volunteer in the classroom.

### **Dairy Council of the Central States**

Can provide volunteers, educational materials, and can loan films. May also be able to provide foods for tasting fairs. Areas served are parts of Northern Kansas, Western Iowa, and the entire state of Nebraska.

### **Dairy Council of the Mideast**

Can provide educational materials, activities or volunteers.

*See also, National Dairy Council*

### **DINE Systems, Inc.**

Can provide demonstrations of nutrition education software: "DINE Healthy and Pyramid Challenge".

### **Florida Department of Citrus/Field Representatives**

Can provide educational materials.

### **Food Marketing Institute**

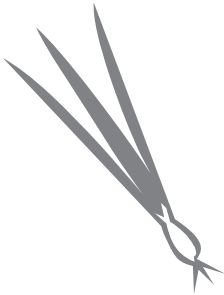
Local grocery stores may be willing to conduct store tours or tasting activities. Begin by calling the grocery store's local consumer affairs or public affairs representative. For more information, contact FMI at (202) 429-4540.

### **FOODPLAY Productions**

Can provide award-winning nutrition theater performances and video kits (for a fee), as well as volunteers.





**General Mills**

Can provide educational materials and may be able to provide volunteers to present or assist with activities.

**Giant Foods**

Can provide educational materials in DC, MD, VA, DE, and NJ market areas.

**Girl Scouts of the USA**

Can provide volunteers.

**Green Thumb Inc.**

Can provide volunteers.

**Illinois Community Action Association**

Can provide volunteers.

**The MAGNAtacker Company**

Can provide activities and educational materials, such as a large magnetic Food Guide Pyramid which contains smaller circular food magnets (fee). This “game” can be placed on a display board so that children could, for example, indicate through food pieces, what they ate the previous day.

**Massachusetts Department of Public Health**

Can provide volunteers.

**Maternal Child Health Center/WIC**

Can provide volunteers.

**Michigan Asparagus Advisory Board**

Can provide nutrition information, materials and recipes.

**Michigan Plum Advisory Board**

Can provide nutrition information, materials and recipes

**Michigan Red Tart Cherry Information Committee**

Can provide nutrition information, materials and recipes.

**Minnesota Cultivated Wild Rice Council**

Can provide educational materials such as agriculture information, recipes and nutrition information.

**Mothers and Others**

Can provide educational materials, activities, volunteers, food tasting supplies, and foods.

**Muir Glen Organic Tomato Products**

Can provide foods such as pasta sauces, pizza sauces and juices for food tasting activities.

**National 4-H**

Local 4-H organizations may be able to assist in school activities or provide educational materials.

**National Association for Family and Community Education**

Can provide volunteers.

**National Association for Sport & Physical Education**

Can provide educational materials and volunteers for physical activities.

**National Cancer Institute**

Call 1-800-4CANCER for 5-A-Day for Better Health brochures.

**National Cattlemen’s Beef Association**

Can provide free educational materials.

**National Dairy Council**

Contact your local DAIRY COUNCIL to obtain information about nutrition education materials available, or call 1-800-426-8271 to obtain the name of the DAIRY COUNCIL nearest you.

**National FFA**

Can provide educational materials, volunteers, or activities. Contact the agriculture department of your local high school to locate the FFA chapter in your area. If you need assistance, call the National Food for America Program Coordinator.

**National Pasta Association**

Can provide educational materials, including brochures and reproducible worksheets for students, educational posters, a video and a special instructional package for teachers.

**National Restaurant Association**

Contact the National Restaurant Association for educational materials.



**National Turkey Federation**

Can provide educational materials.

**New England Dairy and Food Council**

Can provide educational materials, activities or volunteers.

**North Carolina Sweet Potato Commission, Inc.**

Can provide supplies, foods or volunteers for a food tasting activity.

**Pomptonian Inc. School Food Service**

Can provide supplies, foods or volunteers for a food tasting activity.

**Produce Marketing Association**

Can provide educational materials.

**Project NOW Community Action Agency**

Can provide volunteers.

**Second Harvest St. Paul Food Bank**

Can provide educational materials, food tasting supplies or volunteers.

**Snyder of Berlin Snack Food Co.**

Can provide samples of snack foods for food tasting activities.

**Soy Protein Council**

Can provide educational materials, activities or volunteers.

**Sugar Association**

Can provide educational materials, activities or volunteers.

**Texas Produce Association**

Can provide volunteers.

**U.S. Apple Association**

Can provide educational materials and activities (fee), and can help schools identify apple growers in their area.

**The Vegetarian Resource Group**

Can provide educational materials, activities or volunteers as well as supplies or foods for food tasting activities.

**Washington State Dairy Council**

Can provide educational materials such as catalogs upon request.

**Wisconsin Rural Development Center**

Can provide food tasting activity supplies, foods, and volunteers. Also available in Wisconsin: community supported agricultural center with 16 organic farms (covers Madison and South/Southwest Wisconsin.)

**World Hunger Year “Kids Can Make A Difference” program**

Can provide educational material or volunteers to discuss issues relating to hunger and poverty.



## Other Suggestions

These local organizations may also be interested in helping with your fairs and festivals:

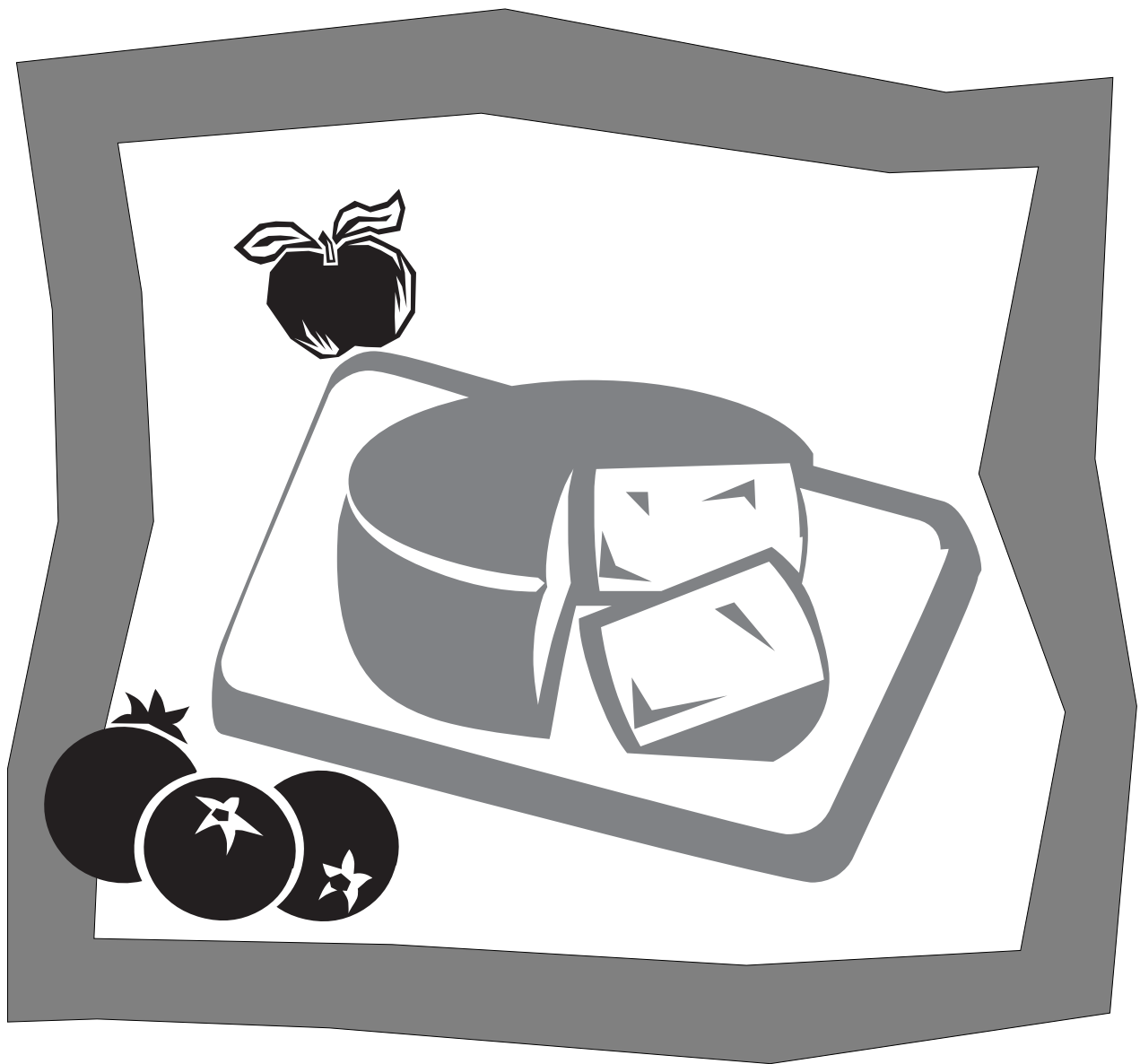
- ▶ Local legislative officials (e.g., Mayor, Senator)
- ▶ School board member (School District Superintendent)
- ▶ USDA Regional Office (see Reference section for telephone numbers)
- ▶ Local chef's association/restaurants/culinary schools
- ▶ Hospital community outreach programs
- ▶ YMCA/YWCA fitness centers
- ▶ Local Farm Bureau
- ▶ Master gardeners
- ▶ Local FFA chapter
- ▶ Grocery markets
- ▶ Local farmers/farmers markets
- ▶ Urban Gardening League
- ▶ Universities/colleges-schools of Agriculture, Public Health, and Education
- ▶ Dietitians or dietetic interns (call the local or national American Dietetic Association for a listing of local internships)
- ▶ Department of Public Health
- ▶ Boys/Girls Club of America
- ▶ Libraries
- ▶ Food safety specialists
- ▶ Doctors/medical students or dentists/dental students
- ▶ County/city recreational sports leagues

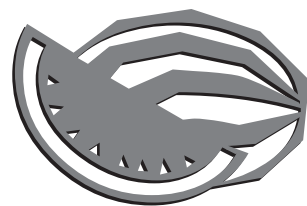
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Thanks to Darlene Sanchez, USDA Mountain Plains Region and Terry Westrip, School Nurse, Crane Elementary School, Crane, MO for Food Festival information.



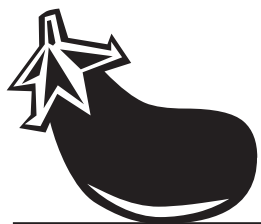
# Promoting and Publicizing Your Team Nutrition Days Event





# Promoting and Publicizing Your Team Nutrition Days Event

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*If people hear or see information about your activities in more than one place, they are more likely to become involved.*

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**G**ood promotion and positive publicity can create excitement around your *Team Nutrition Days* activities and generate support from volunteers and community organizations. It also draws attention to the goal of the program — teaching the link between agriculture and good nutrition by showing students how the earth provides us with a variety of foods that feed our bodies and keep us healthy! There are several ways to promote your activities and the more creative you are, the more successful your promotion will be. When promoting your school's activities 1) be able to write and speak clearly and succinctly about the purpose and importance of your activities; 2) know whom to tell and when; and 3) follow up.

Here are some steps you can take to successfully promote Team Nutrition activities. Sample materials are included at the end of this section. Please note that while these sample media materials refer to *Team Nutrition Days* activities, they can be adapted to apply to any Team Nutrition projects your school undertakes throughout the year.

## Get Organized

First decide who should know about your *Team Nutrition Days* activities and the best way to reach them. While the easiest way to reach a large segment of the population at one time is through the media, there are other ways to reach your core audience. The idea is to get as many people as possible talking about your activities and communicating your messages. Some ideas for outreach and publicity include:

- Local associations and organizations. If local associations or organizations are involved in your *Team Nutrition Days* activities, ask for help from their communications departments to publicize your activities. They can send out press releases, put announcements in their newsletters, and inform their members about your activities.
- Local politicians (mayor, city council members, school board members, etc.). You will attract attention simply by having these people on board. You could also work with local or state officials to have a proclamation declared (see page 36 for information on requesting a proclamation).
- Media personalities. Local media outlets are always looking for local stories. Watch your news station and read your papers to find out if they have special correspondents that cover community activities, education, agriculture, or other relevant subjects. You can contact the assignment editors or the reporters themselves.
- Local sports figures. Get your local high school, college, semi-professional or professional sports teams involved. Many are looking for ways to contribute to the community, and their involvement will generate publicity for your activities. Contact the teams' public relations representatives.
- Weathercasters. One of the most effective ways to get your message out is through local weathercasters. They usually have a significant public following and often will mention activities and show promotional items in conjunction with your activities on the air. They generally appear several times throughout a newscast and it is not unusual for them to mention the activities each time (see page 39 for information on contacting them).

Keep a list of telephone numbers, dates and names of people you've contacted, the dates you called, and what you discussed. Include members of the media and organizations' newsletters on your mailing list for your school's newsletters. Be sure to follow up with them to ensure they received the information.

## Create an Information/Press Kit

Now that you've decided whom to tell, you need to decide what to tell them. An information or press kit is the easiest way to give the media and others different types of information in an organized package.



### **Information/Press Kit**

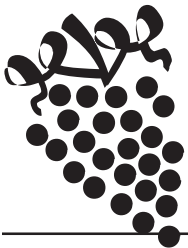
- *Media advisory*
- *Press release*
- *Fact sheet (quick facts on your event)*
- *Backgrounder*

- ▶ Create a short media advisory (see sample on page 32) that includes the who, what, when, where, and why of your event. The advisory is a good piece to keep around when people request information by fax. Try to keep your advisory to one page and include interview and photo opportunities.
- ▶ Write a press release with information on the event (see sample on page 33). Be sure to include the most important information first in the press release.
- ▶ Create a backgrounder and fact sheet for your activity (see sample on pages 34 and 35). These should include information on your school, your Team Nutrition activities, the participants, and other information you want to convey.
- ▶ Organize your materials in a two-pocket folder with the most important materials in front and secondary information in back. Be sure to include contact information in your folder and keep your information as simple and straightforward as possible.

## Obtain a Local or State Proclamation

A local or state proclamation is a great way to get more local publicity for your event. It will also give you an added “news peg” to use when contacting your local media.

Contact your mayor's or governor's office and tell them you would like them to declare a proclamation recognizing your school's activities. They will probably ask for your request in writing (see sample letter on page 36). It will be helpful to draft a proclamation for the mayor's staff to use (see sample proclamation on page 37). Follow up with them to ensure the proclamation will be completed in time to announce it prior to your events.



*If a media outlet covers your program, follow up with a thank you letter. A quick, sincere note of thanks can help build a long-term relationship.*

## Contact the Media

When contacting the media it is important to know whom to contact. It is possible to send your information generically to “editor” or “producer,” but you are much more likely to get a response if you personalize the information. In larger metropolitan areas, media directories are generally available, and there are some nationwide directories as well. Most public libraries carry these directories in their reference sections. Find the local media outlets in your area and contact the reporter or producer that covers that “beat” (the subject matter the reporter covers — nutrition, health, food, community, education). If you cannot find this information, call the station or publication and ask who covers that area. Positions at media outlets change quite frequently, so you may want to call to make sure the contact you got from the directory is still current.

Send a copy of your press kit along with a cover letter explaining your program and why it would be a good story for them to cover (see sample cover letter on page 38). Follow up in a few days with a personal phone call.

## Contact Your Local Weathercaster

Write an introductory letter one or two weeks before your activity. Briefly discuss your activities and request their participation. If you have some kind of promotional gift, like a selection of fresh herbs grown by your school or an attractive piece of artwork created by your students, tell them they will receive it on a specific day (see sample letter on page 39).



Your promotional gift may end up on television, so prepare it neatly. Ensure that the contents are accessible, colorful, and eye-catching! You may even have students create a poster or sign that can be held up on television. Include with your promotional gift your press kit with all the information on your activity. If possible, deliver your promotional gift in person to the station. Mark the weathercaster's name clearly, and securely attach your materials.



The same afternoon you deliver your promotional gift, follow up with a phone call to make sure he or she received it, and try to gauge his or her interest in using the promotional gift or information on the air.



Weathercasters have a significant local following, so follow up with a quick, sincere note of thanks. This will also help build a long-term relationship.

## Other Promotional Ideas



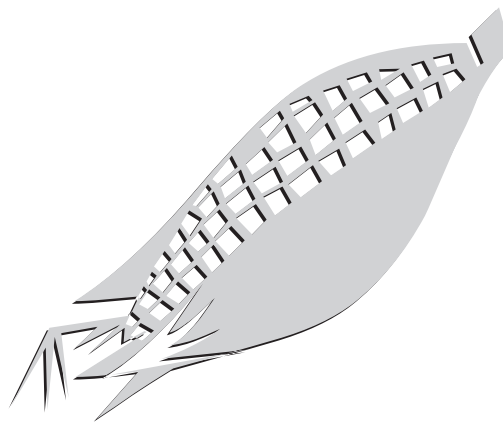
- ▶ Contact the “community calendar” sections of the local newspapers and television stations to post your activities;
- ▶ Create posters to hang in local storefronts promoting Team Nutrition activities; and
- ▶ Create flyers to send home to parents.



Remember — the more creative you are, the better the response will be!

## Reference

U.S. Apple Association: Apple Industry 5 A Day Program Marketing and Promotion Toolkit. 1996.



## Sample Media Advisory

For more information contact:  
[Contact name and phone number]

### Media Advisory

Who: [Your school and other participants]

What: *Team Nutrition Days*, a time for exciting nutrition education activities that shows how the earth provides us with a variety of foods that feed our bodies and keep us healthy! This is an opportunity for students to Spring Into Fun... and **Get Growing — From the Ground Up!**

When: [Dates and schedule of events]

Where: [Your school's name and address]

Interview Opportunities: [List your principal, team nutrition leader, and other celebrities or officials who will participate]

Photo Opportunities: [List activities that would make good pictures. Some examples include:  
Local celebrities participating in activities  
Students participating in activities  
Exhibits  
School Garden  
Team Nutrition Supporters, etc.]



## Sample Press Release

For Immediate Release

[Date]

For more information contact:

[Contact name & phone number]

**[Your school] Joins *Team Nutrition Days* and  
Gets growing—from the ground up!  
[Your School] Shows [Your Town] that *Nutrition is the Link*  
Between Agriculture and Good Health**

*City, State* — As a Team Nutrition School, [your school] will participate in *Team Nutrition Days* — May 5 - 9, 1997. [your school] will conduct a series of activities to show how the earth provides us with a variety of foods that feed our bodies and keep us healthy!

“Our students are showing the community that good nutrition starts from the ground up — literally,” says [your school’s spokesperson]. “They are learning and teaching others where food comes from and are gaining a greater appreciation for the importance of agriculture in our diets and everyday lives. These activities will help them and their families make better food choices in the lunchroom and at home for a healthy diet and a healthy future.”

[Describe activities here]

Other participants in *Team Nutrition Days* include [list local participants].

Team Nutrition is the U.S. Department of Agriculture’s nationwide program designed to support schools in providing healthful school meals and to teach children how to make healthy food choices where they live, learn, and play now and in the future. Team Nutrition Schools represent the community focal point for individuals and organizations with a shared interest in working for healthier school meals and more nutrition information for children and their families. [Your school] was designated a Team Nutrition School [give date].

## Sample Fact Sheet

### Fact Sheet [Your school] and Team Nutrition **Get Growing — From the Ground Up! — For a Healthier Future**

- On any given day, 35% of elementary school-age children eat no fruit and 20% eat no vegetables.
- 27% of children ages 6 to 11 are considered obese.
- 90% of children consume fat above the recommended level.
- Four of the leading causes of death — heart disease, cancer, stroke and diabetes — are diet related and account for 1.4 million deaths annually.
- These conditions cost society an estimated \$250 billion each year in medical costs and lost productivity.
- Team Nutrition was created to help schools serve meals that meet the Dietary Guidelines for Americans and to motivate children to make food choices for a healthy diet.
- The theme for [your school's] *Team Nutrition Days* activities is **Get Growing — From the Ground Up!** Activities are designed to teach our students and community nutrition is the link between agriculture and good health.
- The activities include [list activities].
- The activities will take place [give location, date and time].
- Participants include [list other participants].

## Sample Backgrounder

[Your school's name]

Your School

Address

City, State, Zip

Telephone

Principal:

[Your principal's name]

Cafeteria Manager:

[Your cafeteria manager's name]

Team Nutrition School Leader:

[Your team nutrition school leader's name]

Enrollment:

[Number of students]

Grades:

[Grade levels]

Team Nutrition was created to help schools serve meals that meet the Dietary Guidelines for Americans and to motivate children to make food choices for a healthy diet.

The theme for [your school's] activities is **Get Growing — From the Ground Up!** Activities are designed to teach our students and community nutrition is the link between agriculture and good health.

The activities include [list activities].

The activities will take place [give location, date and time].

Participants include [list other participants].

Other Facts:

[This is a good place to list other interesting facts about your school like information on who your school was named after, any prominent people who have attended your school, other special programs or school partnerships, etc.]

## Sample Proclamation Request Letter

Date

The Honorable [Mayor's or Governor's name]

Address

City, State Zip

Dear Mayor (or Governor) [Name]:

The statistics regarding our nation's health are disturbing. Four of the leading causes of death — heart disease, cancer, stroke and diabetes — are diet related and account for 1.4 million deaths annually. These conditions cost society an estimated \$250 billion each year in medical costs and lost productivity. [Your school] is taking steps to change the course of our nation's future health by teaching our community that good nutrition starts from the ground up.

The week of May 5-9, 1997 has been designated *Team Nutrition Days* and using the theme **Get Growing — From the Ground Up!**, [your school] will be conducting a series of activities to show [your city] how the earth provides with us a variety of foods that feed our bodies and keep us healthy! We would like to request a Proclamation recognizing this week as *Team Nutrition Days* in [your city].

Team Nutrition is the U.S. Department of Agriculture's nationwide program designed to support schools in providing healthful school meals and to teach children how to make healthy food choices where they live, learn, and play now and in the future. Team Nutrition Schools represent the community focal point for individuals and organizations with a shared interest in working for healthier school meals and more nutrition information for children and their families. [Your school] was designated a Team Nutrition School [give date].

I will contact your office in the next few days to see if this proclamation will be possible. In the meantime, if you have any questions, please do not hesitate to contact me at [contact information]. Thank you very much for helping us spread the word about the link between agriculture and good health, and recognizing the importance of a healthy diet for a healthy community and a healthy future.

Sincerely,

Contact Name

## Sample Proclamation

Office of the Mayor  
City of [your city]  
[Your Mayor's name], Mayor

### Proclamation

**Whereas**, four of the leading causes of death — heart disease, cancer, stroke and diabetes — are diet related and account for 1.4 million deaths annually, and these conditions cost society an estimated \$250 billion each year in medical costs and lost productivity; and

**Whereas**, [your school] is taking steps to improve our nation's future health by teaching [your city] that good nutrition starts from the ground up; and

**Whereas**, the U.S. Department of Agriculture has designated the week of May 5 - 9, 1997, as *Team Nutrition Days*, nationwide; and

**Whereas**, [your school] will conduct a series of activities centered around the theme **Get Growing — From the Ground Up!**, to teach [your city] how the earth provides us with a variety of foods that feed our bodies and keep us healthy:

**Now, therefore, I [your Mayor] Mayor of the city of [your city]**, do hereby proclaim the week of May 5 - 9, 1997, to be *Team Nutrition Days* in [your city], in honor of [your school] working toward the better health of our city and nation, and urge all citizens of [your city] to be aware of the events arranged for this week.

Dated this \_\_\_\_ day of [month], 1997.

[Your Mayor's or Governor's name]  
Mayor (or Governor)

## Sample Cover Letter to the Media

Date

Reporter, Editor or Producer

Station Name or Publication

Address

City, State, Zip

Dear [Reporter, Editor or Producer]:

The statistics regarding our nation's health are disturbing. Four of the leading causes of death — heart disease, cancer, stroke and diabetes — are diet related and account for 1.4 million deaths annually. These conditions cost society an estimated \$250 billion each year in medical costs and lost productivity. [Your school] is taking steps to improve our nation's future health by teaching our community that good nutrition starts from the ground up.

*Team Nutrition Days*, May 5 - 9, 1997, uses the theme **Get Growing — From the Ground Up!** [Your school] will conduct a series of activities to show our communities how the earth provides us with a variety of foods that feed our bodies and keep us healthy! We would like to invite you to visit our school during this week to see how we are working toward a healthier community.

Team Nutrition is the U.S. Department of Agriculture's nationwide program designed to support schools in providing healthful school meals and to teach children how to make healthy food choices where they live, learn, and play now and in the future. Team Nutrition Schools represent the community focal point for individuals and organizations with a shared interest in working for healthier school meals and more nutrition information for children and their families. [Your school] was designated a Team Nutrition School [give date].

I have enclosed information on our activities and will contact your office in the next few days to see if you are interested in attending any of them. In the meantime, if you have any questions, please do not hesitate to contact me at [contact information]. Thank you very much for helping us spread the word about the link between agriculture and good health, and recognizing the importance of a nutritious diet for a healthy community and a better future.

Sincerely,

Contact Name

## Sample Letter to Weathercaster

Date

Weathercaster's Name

Station

Address

City, State, Zip

Dear [Weathercaster's name]:

It's official! *Team Nutrition Days* are May 5 - 9, 1997, and we want you to be part of this nationwide effort to teach our communities how the earth provides us with a variety of foods that feed our bodies and keep us healthy!

To help celebrate this special occasion, we want to deliver to you your very own basket of foods [your school] grew to help show our students, families and [your city] that nutrition is the link between agriculture and good health. On [date] I will be dropping off the basket and some brief information about our *Team Nutrition Days* activities. The theme is **Get Growing — From the Ground Up!** [Your school] will conduct a variety of activities involving members of the community to educate and empower people to make healthy food choices for a healthier future.

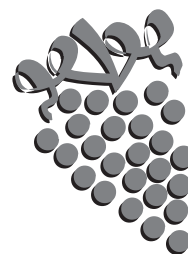
Team Nutrition is the U.S. Department of Agriculture's nationwide program designed to support schools in providing healthful school meals and to teach children how to make healthy food choices where they live, learn, and play now and in the future. Team Nutrition Schools represent the community focal point for individuals and organizations with a shared interest in working for healthier school meals and more nutrition information for children and their families. [Your school] was designated a Team Nutrition School [give date].

Please give me a call at [your contact information] if you have any questions or need any additional information.

Thank you for helping our community **Get Growing — From the Ground Up!**

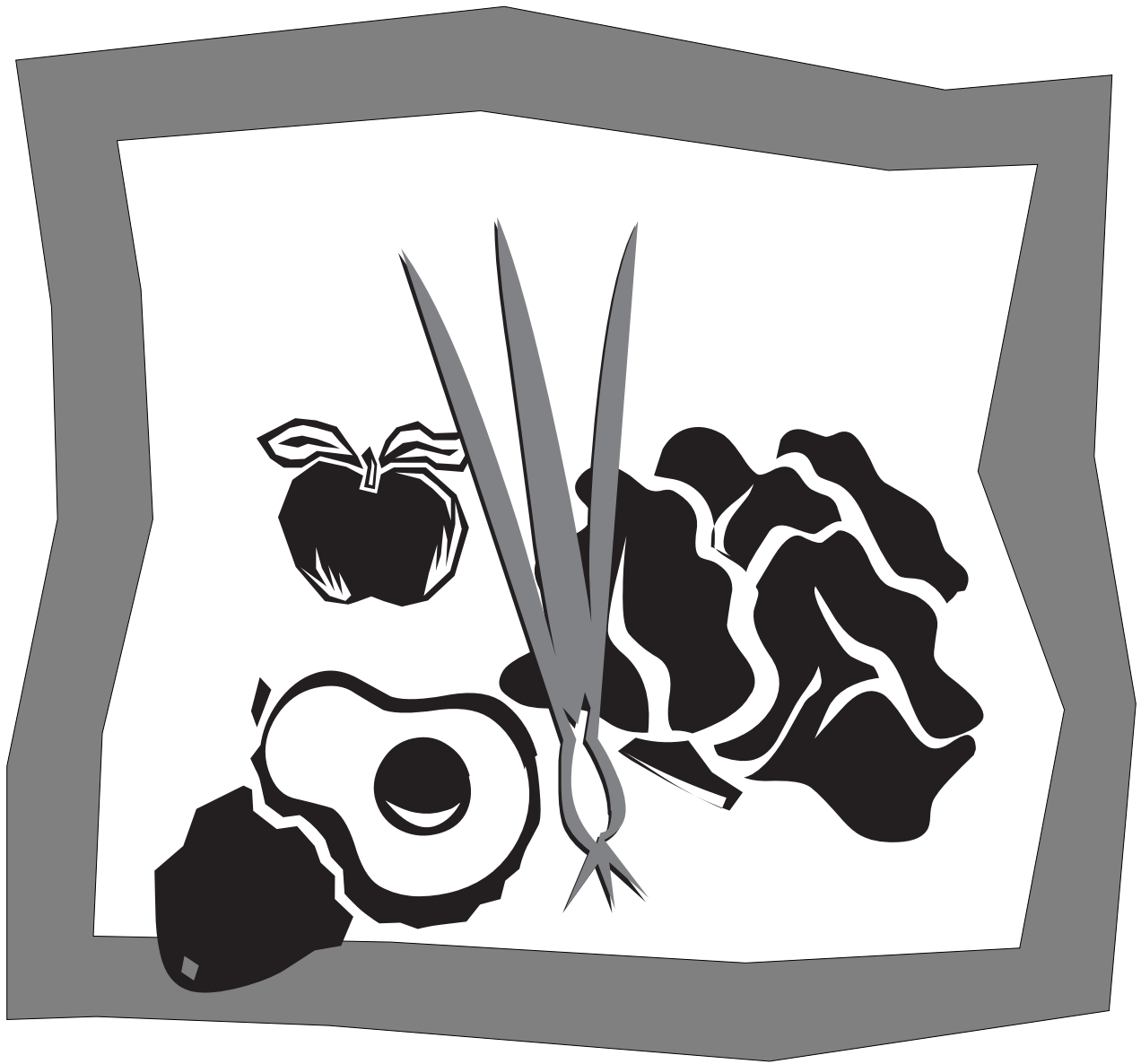
Sincerely,

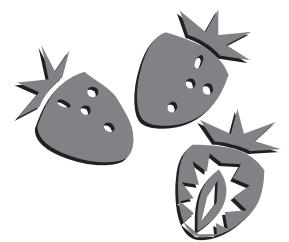
Contact





# Locating Resources





# State Cooperative Extension Service Contracts

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## Local Cooperative Extension Service Office

Cooperative Extension Service offices are a source of nutrition education resources, programs, and Team Nutrition related youth, family, and community activities. The local offices are usually in courthouses, post offices, or other government buildings. Telephone numbers are usually listed in the telephone directory under county/city government and often the listing includes the name of the land-grant university.

## State Extension Offices

Cooperative Extension Service state offices are located on the campuses of land-grant universities. Below is a list of Cooperative Extension faculty who are a source of research-based nutrition information including Team Nutrition.

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## National Office

The national office is located in the U.S. Department of Agriculture, Washington, DC.

Families, 4-H, and Nutrition CSREES, USDA  
Stop 2225  
1400 Independence Avenue, SW  
Washington, DC 20250-2225  
Tel: (202) 720-2908  
Fax: (202) 690-2469  
or contact via Email:  
CSREES@reeusda.gov  
or on the CSREES Home Page  
on the World Wide Web at  
<http://www.reeusda.gov>

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### AMERICAN SAMOA

Dr. Carol S. Whitaker  
State Coordinator  
Family & Consumer Science  
Land Grant Program, American  
Samoa Community College  
P.O. Box 5319  
Pago Pago, AS 96799  
Tel: (684) 699-1394  
Fax: (684) 699-4595  
Email:  
[wit@elele.peacesat.hawaii.edu](mailto:wit@elele.peacesat.hawaii.edu)

### ALABAMA

Dr. Eunice A. Bonsi  
Nutrition Educator/Family Life  
Specialist  
Tuskegee University  
Kellogg Conference Center  
Extension/Continuing  
Education Office  
Tuskegee, AL 36088  
Tel: (334) 727-8816  
Fax: (334) 724-4199  
Email: [ebonsi@acd.tusk.edu](mailto:ebonsi@acd.tusk.edu)

Dr. Barbara Struempfer  
Nutrition Specialist  
207 Duncan Hall  
Auburn University, AL 36849  
Tel: (334) 844-2217  
Fax: (334) 884-5354  
Email:  
[bstruemp@acenet.auburn.edu](mailto:bstruemp@acenet.auburn.edu)

### ALASKA

Dr. Bret Luick  
Food & Nutrition Specialist  
Alaska Cooperative Extension  
University of Alaska-Fairbanks  
P.O. Box 756180  
Fairbanks, AK 99775-6180  
Tel: (907) 474-6338  
Fax: (907) 474-7439  
Email: [ffbrl@aurora.alaska.edu](mailto:ffbrl@aurora.alaska.edu)

### ARIZONA

Dr. Linda Houtkooper  
Nutrition Specialist  
University of Arizona  
Department of Nutritional  
Sciences  
Room 312, FCR Building  
P.O. Box 210033  
Tucson, AZ 85721-0033  
Tel: (520) 621-7126  
Fax: (520) 621-9445  
Email:  
[houtkoop@ag.arizona.edu](mailto:houtkoop@ag.arizona.edu)

### ARKANSAS

Dr. Irene K. Lee  
Ext. Family/Child Development  
Spec.  
University of Arkansas/Pine  
Bluff  
1890 Extension Program  
Box 4966  
Pine Bluff, AR 71601  
Tel: (501) 543-8530  
Fax: (501) 543-8166

Dr. Rosemary Rodibaugh  
Extension Nutrition Specialist  
University of Arkansas, CES  
P.O. Box 391, 2301 South  
University Avenue  
Little Rock, AR 72204  
Tel: (501) 671-2111  
Fax: (501) 671-2251  
Email: [rrodibaugh@uaex.edu](mailto:rrodibaugh@uaex.edu)

### CALIFORNIA

Dr. Marilyn Townsend  
Nutrition Specialist  
Department of Nutrition  
University of California - Davis  
1145 Meyer Hall  
Davis, CA 95616  
Tel: (916) 754-9222  
Fax: (916) 752-7588  
Email:  
[mstownsend@ucdavis.edu](mailto:mstownsend@ucdavis.edu)

### COLORADO

Dr. Jennifer Anderson  
Extension Nutrition Specialist  
Colorado State University  
200-A Gifford Hall  
Fort Collins, CO 80523  
Tel: (970) 491-7334  
Fax: (970) 491-7252  
Email:  
[jela@lamar.colostate.edu](mailto:jela@lamar.colostate.edu)

### CONNECTICUT

Colleen Thompson, R.D.  
University of Connecticut-CES  
Dept. of Nutrition Science  
3624 Horsebarn Road - U17  
Storrs, CT 06269-4017  
Tel: (860) 486-1784  
Fax: (860) 486-3674  
Email:  
[cthompson@canr1.cag.uconn.edu](mailto:cthompson@canr1.cag.uconn.edu)

### DELAWARE

Dr. Sue Snider  
Extension Specialist  
Food and Nutrition  
University of Delaware  
123 Townsend Hall  
Newark, DE 19717-1303  
Tel: (302) 831-2509  
Fax: (302) 831-3651  
Email:  
[sue.snider@mvs.udel.edu](mailto:sue.snider@mvs.udel.edu)

### DISTRICT OF COLUMBIA

Dr. Lillie Monroe-Lord  
Extension Specialist  
University of the District of  
Columbia, CES  
901 Newton Street, N.E.,  
Room 302  
Washington, DC 20017  
Tel: (202) 274-6904/6900  
Fax: (202) 274-6930/6980  
Email: [jhazel@es.usda.gov](mailto:jhazel@es.usda.gov)

### FLORIDA

Glenda L. Warren, R.D.  
Nutrition-EFNEP-Specialist  
3031-B McCarty Hall  
University of Florida  
P.O. Box 110310  
Gainesville, FL 32611-0310  
Tel: (352) 392-0404  
Fax: (352) 392-8196  
Email: [glw@gnv.ifas.ufl.edu](mailto:glw@gnv.ifas.ufl.edu)

Dr. Mabel Edlow  
Extension Specialist  
Florida A&M University  
215 Perry Paige Building  
Tallahassee, FL 32307  
Tel: (904) 561-2095  
Fax: (904) 561-2151  
Email: [medlow@ns1.famu.edu](mailto:medlow@ns1.famu.edu)

**GEORGIA**

Dr. Elizabeth Andress  
Extension Leader/Food,  
Nutrition & Health  
CES Family & Consumer  
Sciences  
208 Hoke Smith Annex  
The University of Georgia  
Athens, GA 30602-4356  
Tel: (706) 542-3773  
Fax: (706) 542-1979  
Email:  
eandress@uga.cc.uga.edu

Dr. Carol A. Johnson  
Leader/Home Economics &  
Family Dev.  
Fort Valley State College  
1890 Extension Programs  
P.O. Box 4061  
Fort Valley, GA 31030-3298  
Tel: (912) 825-6298  
Fax: (912) 825-6299  
Email:  
cjohnson@fvs3.fvsc.peachnet.edu

**GUAM**

Dr. Erlinda L. Demeterio  
Chair, Consumer & Family  
Sciences Unit, CES  
College of Agriculture & Life  
Sciences  
University of Guam  
UOG Station  
Mangilao, GU 96923  
Tel: (671) 735-2000/9  
Fax: (671) 734-6842  
Email: demeteri@uog.edu

**HAWAII**

Dr. Patricia Britten  
Food & Nutrition Specialist  
Department of Food Science &  
Human Nutrition  
1800 East-West Road,  
Pope 120A  
Honolulu, HI 96822  
Tel: (808) 956-6457  
Fax: (808) 956-3842  
Email: trish@hawaii.edu

**IDAHO**

Linda Gossett  
Extension Specialist  
University of Idaho  
800 Park Blvd., Suite 200  
Boise, ID 83714  
Tel: (208) 345-5812  
Fax: (208) 375-8715  
Email: lgossett@uidaho.edu

**ILLINOIS**

Dr. Robin A. Orr  
University of Illinois/CES  
520C Bevier Hall  
905 South Goodwin Avenue  
Urbana, IL 61801  
Tel: (217) 244-2855  
Fax: (217) 244-2861  
Email: orrr@idea.ag.uiuc.edu

**INDIANA**

Dr. Bill Evers  
Ext. Spec/Foods & Nutrition  
Purdue University  
G-1g Stone Hall  
West Lafayette, IN 47907  
Tel: (765) 765-8546  
Fax: (765) 765-0674  
Email: eversb@cfs.purdue.edu

**IOWA**

Dr. Elisabeth A. Schafer  
Professor, Food Science/  
Human Nutrition  
1127 Human Nutrition Science  
Building  
Iowa State University  
1105 LeBaron Hall  
Ames, IA 50011  
Tel: (515) 294-1359  
Fax: (515) 294-6193  
Email: eschafer@iastate.edu

**KANSAS**

Dr. Paula Peters  
Developmental Nutrition  
Specialist  
Kansas State University, CES  
Justin Hall  
Manhattan, KS 66506-1407  
Tel: (913) 532-1666  
Fax: (913) 532-3132  
Email: peters@humec.ksu.edu

**KENTUCKY**

Dr. Janet Kurzynske  
Extension Food & Nutrition  
Specialist  
Rm. 234, Scovell Hall  
University of Kentucky  
Lexington, KY 40546-0064  
Tel: (606) 257-1812  
Fax: (606) 257-7792  
Email: jkurzyns@ca.uky.edu

**Mary J. Fant**

State Specialist - Children and  
Youth  
Family and Management  
Kentucky State University CES  
Box 196  
Frankfort, KY 40601  
Tel: (502) 227-6955  
Fax: (502) 227-5933  
Email: mfant@ca.uky.edu

**LOUISIANA**

Donna Montgomery, R.D.  
Nutrition Specialist  
Louisiana State University CES  
P.O. Box 25100  
Baton Rouge, LA 70894-5100  
Tel: (504) 388-3329  
Fax: (504) 388-2478  
Email:  
xthome@lsuvm.sncc.lsu.edu

Dr. Gina Eubanks  
Associate Specialists, CES  
Southern University and A&M  
College  
P.O. Box 10010  
Baton Rouge, LA 70813  
Tel: (504) 771-2242  
Fax: (504) 771-2861  
Email: gina3902@aol.com

**MAINE**

Nellie G. Hedstrom, R.D.  
Nutrition Specialist Coop. Exr.  
5717 Corbett Hall, Room 300  
University of Maine  
Orono, ME 04469-5717  
Tel: (207) 581-3110  
Fax: (207) 581-3212  
Email:  
nellieh@umce.umext.maine.edu

**MARIANAS**

Ms. Floria P. James  
Home Economist, Agriculture  
& Life Sciences  
Northern Marianas College  
P.O. Box 1250  
Saipan, MP 96950  
Tel: (670) 234-9025  
Fax: (670) 234-0054

**MARYLAND**

Dr. Maria M. deColon  
EFNEP Coordinator  
University of Maryland, CES  
2309 Computer Science Bldg.  
College Park, MD 20742-2451  
Tel: (301) 405-1016  
Fax: (301) 314-9015  
Email: md15@uemail.umd.edu

Gayle Mason-Jenkins  
Extension Specialist - Home  
Ec.  
University of Maryland -  
Eastern Shore  
Eastern Shore, Backbone Road  
Princess Anne, MD 21853  
Tel: (410) 651- 1212  
Fax: (410) 651- 6207  
Email: gjenkins@umes-  
bird.umd.edu

**MASSACHUSETTS**

Dr. Nancy Cohen  
Nutrition Education Specialist  
Box 31420  
201 Chenoworth Lab  
University of Massachusetts  
Amherst, MA 01003-1430  
Tel: (413) 545-0740  
Fax: (413) 545-1074  
Email:  
cohen@nutrition.umass.edu

**MICHIGAN**

Dr. Pat Hammerschmidt  
Program Leader  
Children, Youth and Family  
Michigan State University  
Extension  
103 Human Ecology Building  
East Lansing, MI 48824-1030  
Tel: (517) 355-6586  
Fax: (517) 353-6343  
Email:  
hammersc@msuces.canr.msu.edu

**MINNESOTA**

Craig Hassell  
Extension Nutritionist  
University of Minnesota  
225 Food Science and Nutri-  
tion Bldg.  
1334 Eckles Avenue  
St. Paul, MN 55108  
Tel: (612) 624-2703  
Fax: (612) 625-6227  
Email: chassel@mes.umn.edu

**MISSISSIPPI**

Dr. Barbara P. McLaurin  
Extension Human Nutrition  
Specialist  
P.O. Box 9745  
Mississippi State, MS 39762  
Tel: (601) 325-3080  
Fax: (601) 325-8407  
Email:  
barbaram@mc.es.msstate.edu

Mrs. Deborah Caples-Davis  
Nutritionist  
Alcorn Extension Service  
P.O. Box 61 North  
Port Gibson, MS 39150  
Tel: (601) 437-3052  
Fax: (601) 437-3051

**MISSOURI**

Ann Cohen, R.D.  
 Assoc. State Extension  
 Specialist  
 Food Science & Human  
 Nutrition  
 University of Missouri-  
 Columbia  
 301 Gwynn Hall  
 Columbia, MO 65211  
 Tel: (573) 882-2435  
 Fax: (573) 884-5449  
 Email:  
 cohen@ext.missouri.edu

**MONTANA**

Ms. Phyllis Dennee  
 Nutrition Education Specialist  
 101 Rommney  
 Montana State University  
 Bozeman, MT 59717  
 Tel: (406) 994-4581  
 Fax: (406) 994-6314  
 Email:  
 ihdpd@msu.oscs.montana.edu

**NEBRASKA**

Dr. Darlene Martin  
 Ext. Nutrition Specialist  
 NE Research and Extension  
 Center  
 Box 111  
 Concord, NE 68728  
 Tel: (402) 584-2261  
 Fax: (402) 584-2859  
 Email:  
 nerc010@unlvm.unl.edu

**NEVADA**

Dr. Jamie Benedict  
 Extension Specialist  
 Department of Nutrition  
 University of Nevada-Reno  
 Reno, NV 89557  
 Tel: (702) 784-6445  
 Fax: (702) 784-6449  
 Email: benedict@scs.unr.edu

**NEW HAMPSHIRE**

Ms. Valerie A. Long  
 Extension Specialist, Food &  
 Nutrition  
 220 Kendall Hall,  
 129 Main Street  
 University of New Hampshire  
 Durham, NH 03824  
 Tel: (603) 862-2465  
 Fax: (603) 862-3758  
 Email: valerie.long@unh.edu

**NEW JERSEY**

Dr. Debra P. Keenan  
 Specialist in Nutrition  
 Rutgers Cooperative Extension  
 134 Thompson Hall,  
 P.O. Box 231  
 New Brunswick, NJ  
 08903-0231  
 Tel: (908) 932-9853  
 Fax: (908) 932-6837  
 Email:  
 keenan@aesop.rutgers.edu

**NEW MEXICO**

Martha Archuleta, R.D.  
 Extension Food & Nutrition  
 Specialist  
 New Mexico State University  
 Box 3AE  
 Las Cruces, NM 88003  
 Tel: (505) 646-3516  
 Fax: (505) 646-5263  
 Email: maarchul@nmsu.edu

**NEW YORK**

Christina Stark, R.D.  
 Extension Nutrition Specialist  
 Div. of Nutritional Sciences  
 MVR Hall, Cornell University  
 Ithaca, NY 14853  
 Tel: (607) 255-2141  
 Fax: (607) 255-0027  
 Email: cms11@Cornell.edu

**NORTH CAROLINA**

Dr. Wilda Wade  
 Foods & Nutrition Specialist/  
 Dietetics Director  
 P.O. Box 21928  
 North Carolina A&T State Univ.  
 Greensboro, NC 27420-1928  
 Tel: (910) 334-7660  
 Fax: (910) 334-7265  
 Email: wadew@rhema.ncat.edu

Dr. P. Carolyn Dunn  
 Food and Nutrition Specialist  
 North Carolina State Univ. -  
 CES  
 Box 7605  
 Raleigh, NC 27695-7605  
 Tel: (919) 515-9142  
 Fax: (919) 515-3483  
 Email:  
 pcdunn@amaroq.ces.ncsu.edu

**NORTH DAKOTA**

Dr. Julie Garden-Robinson  
 Foods & Nutrition Extension  
 Specialist  
 219 Family Life Center, NDSU  
 Fargo, ND 58105-5016  
 Tel: (701) 231-7187  
 Fax: (701) 231-8568  
 Email:  
 jgardenr@ndsuxt.nodak.edu

**OHIO**

Dr. Alma Saddam  
 Nutrition Specialist  
 Ohio State University  
 1787 Neil Avenue  
 Columbus, OH 43210  
 Tel: (614) 292-5512  
 Fax: (614) 292-7536  
 Email: saddam.1@osu.edu

**OKLAHOMA**

Dr. Barbara Brown  
 Extension Food Specialist  
 Dept. of Nutritional Sciences  
 Oklahoma State University  
 309 Human Environmental  
 Sciences  
 Stillwater, OK 74078-6111  
 Tel: (405) 744-6824  
 Fax: (405) 744-7113  
 Email:  
 bbrown@okway.okstate.edu

Alice Delano Campbell  
 Extension Specialist  
 Langston University  
 101N Research Building  
 P.O. Box 730  
 Langston, OK 73050  
 Tel: (405) 466-3836  
 Fax: (405) 466-3138  
 Email:  
 ext1890@mvs.ucc.okstate.edu

**OREGON**

Dr. Carolyn Raab  
 Ext. Food & Nutrition  
 Specialist  
 Oregon State University  
 161 Milam Hall  
 Corvallis, OR 97331-5106  
 Tel: (541) 737-1019  
 Fax: (541) 737-0999  
 Email: raabc@ccmail.orst.edu

**PENNSYLVANIA**

Dr. Jan Scholl  
 Assoc. Professor, Ext. Edu.  
 323 Ag. Admin. Building  
 Penn. State University  
 University Park, PA 16802  
 Tel: (814) 863-7869  
 Fax: (814) 863-4753  
 Email:  
 jan\_scholl@agcs.cas.psu.edu

**PUERTO RICO**

Dr. Ann Macpherson de  
 Sanchez  
 Associate Specialist, Ag Ext  
 Service  
 P.O. Box 5000 - College Station  
 University of Puerto Rico -  
 Mayaguez Campus  
 Mayaguez, PR 00680  
 Tel: (787) 832-4040 Ext. 3348  
 Fax: (787) 265-4130  
 Email:  
 AMACHERSON@SEAMU.PR.QUEU

**RHODE ISLAND**

Ms. Linda Sebelia  
 Director, EFNEP Program  
 Dept. of Food Science &  
 Nutrition  
 URI Providence Center  
 80 Washington Street  
 Providence, RI 02903  
 Tel: (401) 277-5278  
 Fax: (401) 277-5319  
 Email: sebelia@uriacc.uri.edu

**SOUTH CAROLINA**

Ms. Margaret E. Johnson  
 Associate Administrator, 1890  
 Extension  
 South Carolina State  
 University  
 300 College Street, N.E.  
 P.O. Box 7336  
 Orangeburg, SC 29117  
 Tel: (803) 536-8465  
 Fax: (803) 536-7102  
 Email: mjhnsn@clemson.edu

Dr. Rose J. Davis  
 Extension Nutrition Specialist  
 Pee Dee Research & Education  
 Center  
 Clemson University  
 2200 Pocket Road  
 Florence, SC 29506-9706  
 Tel: (803) 669-1912 Ext. 232  
 Fax: (803) 661-5676  
 Email: rdavis@clemson.edu

**SOUTH DAKOTA**

Carol Pitts, R.D.  
 Extension Food & Nutrition  
 Specialist  
 South Dakota State Univ.  
 NHE 239, Box 2275-A  
 Brookings, SD 57007  
 Tel: (605) 688-6233  
 Fax: (605) 688-6360  
 Email: pittsc@mg.sdstate.edu

**TENNESSEE**

Betty P. Greer  
Asst. Professor  
Home Economics/Food,  
Nutrition and Health  
University of Tennessee  
P.O. Box 1071  
Knoxville, TN 37901-1071  
Tel: (423) 974-8746  
Fax: (423) 974-7448  
Email: bgreer@utk.edu

**TEXAS**

Dr. Katheleen Ladewig  
Program Leader for Foods &  
Nutrition  
Texas A&M University, CES  
Human Nutrition Section  
353 Kleberg Center  
College Station, TX  
77843-2471  
Tel: (409) 845-6379  
Fax: (409) 847-8741  
Email: k-ladewig@tamu.edu

Dr. Linda Williams-Willis  
Administrator, 1890 Programs  
Prairie View A&M University  
P.O. Box 3059  
Prairie View, TX 77446  
Tel: (409) 857-3812  
Fax: (409) 857-2637  
Email: lw-willis@tamu.edu

**UTAH**

Dr. Georgia C. Lauritzen  
Associate Professor & EFNEP  
Director  
Nutrition & Food Sciences  
Department  
Utah State University  
Logan, UT 84322-8749  
Tel: (801) 797-3464  
Fax: (801) 797-2379  
Email: georgial@ext.usu.edu

**VERMONT**

Ms. Linda Lyons  
EFNEP Coordinator  
University of Vermont  
Terrill Hall  
Burlington, VT 05405-0148  
Tel: (802) 656-0669  
Fax: (802) 656-0407  
Email: lyons@zoo.uvm.edu

**VIRGIN ISLANDS**

Mrs. Josephine Petersen-  
Springer  
Program Leader/Home  
Economics  
University of the Virgin  
Islands-CES  
RR#2, Box 10,000 Kingshill  
St. Croix, VI 00850  
Tel: (809) 692-4096  
Fax: (809) 692-4085

**VIRGINIA**

Dr. Ann Hertzler  
Extension Specialist  
Foods and Nutrition  
338 Wallace Hall  
Virginia Tech  
Blacksburg, VA 24061-0430  
Tel: (540) 231-4673  
Fax: (540) 231-3916  
Email: hertzler@vt.edu

**WASHINGTON**

Ms. Sue Butkus  
Extension Nutrition Specialist  
Washington State University  
7612 Pioneer Way East  
Puyallup, WA 98371-4998  
Tel: (206) 840-4553  
Fax: (206) 840-4671  
Email: butkus@wsu.edu

**WEST VIRGINIA**

Dr. Guendoline Brown  
Ext. Spec. - Nutrition & Health  
West Virginia University, CES  
605 Knapp Hall  
P.O. Box 6031  
Morgantown, WV 26506-6031  
Tel: (304) 293-2694  
Fax: (304) 293-7599  
Email:  
brown@wvnmvs.wvnet.edu

**WISCONSIN**

Dr. Susan Nitzke  
Nutrition Specialist, Associate  
Professor  
Nutritional Sciences, UW-  
Madison  
1415 Linden Drive  
275 Nutritional Sciences  
Building  
Madison, WI 53706-1571  
Tel: (608) 262-1692  
Fax: (608) 262-5860  
Email:  
nitzke@nutrisci.wisc.edu

**WYOMING**

Virginia Ann Romero, R.D.  
Nutrition Specialist  
University of Wyoming  
P.O. Box 1929  
Rock Springs, WY 82902  
Tel: (307) 352-6775  
Fax: (307) 352-6779  
Email:  
vromero@wwcc.cc.wy.us

# Regional USDA Team Nutrition Contacts

---

## **Northeast Region**

Connecticut, Maine,  
Massachusetts, New  
Hampshire, New York,  
Rhode Island, Vermont

Charles DeJulius  
USDA/FCS/NERO  
10 Causeway Street, Room 501  
Boston, Massachusetts  
02222-1068  
(617) 565-6418

## **Mid-Atlantic Region**

Delaware, District of Columbia,  
Maryland, New Jersey,  
Pennsylvania, Puerto Rico,  
Virginia, Virgin Islands, West  
Virginia

Walt Haake  
USDA/FCS/MARO  
Mercer Corporate Park  
300 Corporate Blvd.  
Robbinsville, New Jersey  
08691-1598  
(609) 259-5091

## **Southeast Region**

Alabama, Florida, Georgia,  
Kentucky, Mississippi, North  
Carolina, South Carolina,  
Tennessee

Sara Harding  
USDA/FCS/SERO  
77 Forsyth Street, SW,  
Suite 112  
Atlanta, Georgia 30303-3427  
(404) 730-2588

## **Midwest Region**

Illinois, Indiana, Michigan,  
Minnesota, Ohio, Wisconsin

Lawrence Rudmann  
USDA/FCS/MWRO  
77 West Jackson Blvd.,  
20th Floor  
Chicago, Illinois 60604-3507  
(312) 353-1044

## **Southwest Region**

Arkansas, Louisiana, New  
Mexico, Oklahoma, Texas

Judy Barron  
USDA/FCS/SWRO  
1100 Commerce St.,  
Rm 5-C-30  
Dallas, Texas 75242  
(214) 767-0256

## **Mountain Plains Region**

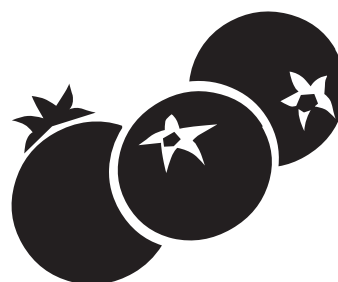
Colorado, Iowa, Kansas,  
Missouri, Montana,  
Nebraska, North Dakota,  
South Dakota, Utah,  
Wyoming

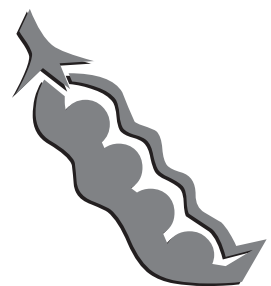
Darlene Sanchez  
USDA/FCS/MPRO  
1244 Speer Blvd., Suite 903  
Denver, Colorado 80204  
(303) 844-0355

## **Western Region**

Alaska, Arizona, California,  
Hawaii, Idaho, Nevada,  
Oregon, Washington, Guam

Cordelia Morris  
USDA/FCS/WRO  
550 Kearny Street, Rm 400  
San Francisco, California  
94108-2518  
(415) 705-1311







# NET Directory

---

## State Nutrition Education and Training (NET) Program Directors

### ALABAMA

Lorea Hunter  
NET Program Coordinator  
Department of Education  
Child Nutrition Programs  
549 Gordon Persons Building  
Montgomery, AL 36130-3901  
205-242-8228  
fax 205-242-2475

### ALASKA

Kathleen A. Hays  
NET Program Coordinator  
Department of Education  
801 West 10th Street, Suite 200  
Juneau, AK 99801-1894  
907-465-8708  
fax 907-465-3396

### ARIZONA

Kathy L. Rice  
NET Program Coordinator  
Department of Education  
1535 West Jefferson  
Phoenix, AZ 85007  
602-542-8713  
fax 602-542-3818

### ARKANSAS

Wanda Shockey  
NET Program Coordinator  
Department of Education  
Executive Building  
2020 West Third, Suite 404  
Little Rock, AR 72205  
501-324-9502  
fax 501-324-9505

### CALIFORNIA

Marilyn Briggs  
NET Program Coordinator  
Department of Education  
Nutrition and Food Service  
Education Section  
P.O. Box 944272  
Sacramento, CA 94244-2720  
916-322-6308  
fax 916-324-6154  
E-MAIL:  
mbriggs@smtp.ede.ca.gov

### COLORADO

Judy Schure  
NET Program Coordinator  
Senior Child Nutrition  
Consultant  
Department of Education  
Child Nutrition Programs  
201 East Colfax Avenue,  
Room 209  
Denver, CO 80203  
303-866-6661  
fax 303-830-0793

### CONNECTICUT

Susan Fiore  
NET Program Coordinator  
Department of Education  
Child Nutrition Programs  
25 Industrial Park Road  
Middletown, CT 06457-1543  
203-638-4236  
fax 203-638-4218  
E-MAIL: ssfiore@juno.com

### DELAWARE

David Bowman  
NET Program Coordinator  
Department of Public  
Instruction  
P.O. Box 1402  
Townsend Building  
Dover, DE 19903-1402  
302-739-4717  
fax 302-739-6397

### DISTRICT OF COLUMBIA

Betti Wiggins  
State Director  
Board of Education  
D.C. Public Schools  
3535 V Street, N.E.  
Washington, DC 20018  
202-576-7400  
fax 202-576-7833

### FLORIDA

Carol Frazee  
NET Program Coordinator  
Department of Education  
1032 Florida Education Center  
325 W. Gaines Street  
Tallahassee, FL 32399-0400  
904-488-8377  
fax 904-921-8824

### GEORGIA

Ruth Gordon  
NET Program Coordinator  
Department of Education  
1654 Twin Towers East  
Atlanta, GA 30334  
404-651-2460  
fax 404-657-9188  
E-MAIL:  
rgordon@gadoe.gac.peachnet.edu

### HAWAII

Ann Horiuchi  
NET Program Coordinator  
Department of Education  
189 Lunalilo Home Road,  
2nd Floor  
Honolulu, HI 96825  
808-396-2563  
fax 808-548-5390

### IDAHO

RoseAnna Holliday  
NET Program Coordinator  
Department of Education  
Child Nutrition Programs  
P.O. Box 83720  
Boise, ID 83720-0027  
208-334-3106  
fax 208-334-2228  
E-MAIL:  
holliday@sde.state.id.us

### ILLINOIS

James C. Burke  
Division Administrator  
Illinois State Board of  
Education  
Department of Child Nutrition  
100 North First Street, W-270  
Springfield, IL 62777-0001  
217-782-2491  
fax 217-524-6124

### INDIANA

Janet Eigenbrod  
NET Program Coordinator  
Department of Education  
Division of School Food and  
Nutrition Programs  
Room 229 State House  
Indianapolis, IN 46204  
317-232-0869  
fax 317-232-0855

### IOWA

Christine Anders  
NET Program Coordinator  
Department of Education  
Food and Nutrition Bureau  
Grimes State Office Building  
Des Moines, IA 50319-0146  
515-281-4758  
fax 515-281-6548

### KANSAS

Jodie Mackey  
NET Program Coordinator  
State Board of Education  
Nutrition Services  
120 SE 10th Avenue  
Topeka, KS 66612-1182  
913-296-2276  
fax 913-296-1413  
E-MAIL:  
jmacke@smttgw.ksbe.state.ks.us

### KENTUCKY

Linda Dunsmore  
NET Program Coordinator  
Department of Education  
Capital Plaza Tower  
500 Mero Street  
Frankfort, KY 40601  
502-573-4390  
fax 502-564-6775

### LOUISIANA

Alice Carroll  
NET Program Coordinator  
Department of Education  
Food and Nutrition Services  
P.O. Box 94064  
Baton Rouge, LA 70804-9064  
504-342-3695  
fax 504-342-3305  
E-MAIL:  
acaroll23@mail.doe.state.la.us

### MAINE

Suzanne Bazinet  
NET Program Coordinator  
Department of Education  
School Nutrition Programs  
State House Station #23  
Augusta, ME 04333  
207-287-5315  
fax 207-287-1344  
E-MAIL:  
jeg5@wonder.em.ede.gov

### MARYLAND

Linda Miller  
NET Program Coordinator  
Department of Education  
Nutrition and Transportation  
Services Branch  
200 West Baltimore Street  
Baltimore, MD 21201-2595  
410-767-0222  
fax 410-333-2635

**MASSACHUSETTS**

Stephen Carey  
NET Program Coordinator  
Department of Education  
Bureau of School Nutrition  
Services  
350 Main Street  
Malden, MA 02148  
617-388-3300 ext. 479  
fax 617-388-3476

**MICHIGAN**

Claudette Nelson  
NET Program Coordinator  
Department of Education  
Student Support Services  
P.O. Box 30008  
Lansing, MI 48909  
517-373-9968  
fax 517-373-2537

**MINNESOTA**

Barbara B. Kalina  
NET Program Coordinator  
Department of Children,  
Families, and Learning  
807 Capitol Square Building  
550 Cedar Street  
St. Paul, MN 55101  
612-296-0192  
fax 612-296-3272  
E-MAIL:  
barbara.kalina@state.mn.us

**MISSISSIPPI**

Ivy Alley  
NET Program Coordinator  
Department of Education  
P.O. Box 771  
Jackson, MS 39205-0771  
601-359-5507  
fax 601-359-3798

**MISSOURI**

Cindy DeBlauw  
NET Program Coordinator  
Department of Health  
Bureau of Food Programs  
and Nutrition Education  
P.O. Box 570  
Jefferson City, MO 65102-0570  
314-751-6183  
fax 314-526-3679

**MONTANA**

Katie Bark  
NET Program Coordinator  
Montana State University  
202 Romney Hall  
Bozeman, MT 59717  
406-994-5641  
fax 406-994-6314  
E-MAIL:  
uhdkb@msu.oscs.montana.edu

**NEBRASKA**

Mary Ann Brennan  
NET Program Coordinator  
State Department of Education  
301 Centennial Mall South  
Lincoln, NE 68509-4987  
402-471-3658  
fax 402-471-0117

**NEVADA**

Carolyn Garland  
NET Program Coordinator  
Department of Education  
1850 East Sahara Avenue,  
Suite 110  
Las Vegas, NV 89158  
702-486-6672  
fax 702-486-6474

**NEW HAMPSHIRE**

Deborah Edgecomb Fleurant  
NET Program Coordinator  
Department of Education  
101 Pleasant Street  
Concord, NH 03301  
603-271-3838  
fax 603-271-1953

**NEW JERSEY**

Jacqueline Frederick  
NET Program Coordinator  
State Department of Education  
240 S. Harrison Street  
East Orange, NJ 07018  
201-266-8660  
fax 201-414-4496

**NEW MEXICO**

Blanche Harrison  
NET Program Coordinator  
NM Department of Health  
Nutrition Bureau  
Public Health Division  
525-W Comino de Los  
Marquez, Suite 6  
Santa Fe, NM 87501  
505-476-8478  
fax 505-476-8512/8513

**NEW YORK**

Gordon R. Odermann  
NET Program Coordinator  
State Education Department  
Comprehensive Health and  
Pupil Services  
Room 319M Education  
Building  
Albany, NY 12234-0001  
518-486-6090  
fax 518-486-7290

**NORTH CAROLINA**

Alice Lenihan  
Acting NET Program  
Coordinator  
Division of Maternal and Child  
Health  
Dept. of Environment, Health  
and Natural Resources  
P.O. Box 10008  
Raleigh, NC 27605-0008  
919-733-2973  
fax 919-733-1384

**NORTH DAKOTA**

Loris Freier  
NET Program Coordinator  
Department of Public  
Instruction  
Assistant Director  
Child Nutrition Program  
600 East Boulevard Avenue  
Bismarck, ND 58505-0440  
701-328-2294  
fax 701-328-2461  
E-MAIL:  
c0las400.lfrier@ranch.state.nd.us

**OHIO**

Meg Wagner  
NET Program Coordinator  
Department of Education  
65 South Front Street,  
Room 610  
Columbus, OH 43215-4183  
614-752-8997  
fax 614-728-3768  
E-MAIL:  
sd\_wagner.ode.ohio.gov

**OKLAHOMA**

Deana Hildebrand  
NET Program Coordinator  
Department of Education  
Child Nutrition Programs  
Division  
2500 North Lincoln Blvd.,  
Room 310  
Oklahoma City, OK 73105-  
4599  
405-521-3327  
fax 405-521-6205

**OREGON**

Terri Lloyd-Jones  
NET Program Coordinator  
Department of Education  
Public Services Building  
255 Capitol Street N.E.  
Salem, OR 97310-0203  
503-378-3579  
fax 503-378-5156  
E-MAIL:  
terri.lloydjones@state.or.us

**PENNSYLVANIA**

Marianne Gordon  
NET Program Coordinator  
Department of Education  
Division of Food and Nutrition  
333 Market Street, 4th Floor  
Harrisburg, PA 17126-0333  
717-787-7698  
fax 717-783-6566

**PUERTO RICO**

Frances Montalvo-Rosada  
NET Program Coordinator  
Department of Education  
P.O. Box 759  
Hato Rey, Puerto Rico 00919  
787-754-0790  
fax 787-754-8155  
(If difficulty reaching P.R.,  
call MARO at 609-259-5053)

**RHODE ISLAND**

Adrienne DiMeo  
NET Program Coordinator  
Department of Education  
Office of Finance Nutrition  
Programs  
255 Westminster Street,  
Shepard Bldg.  
Providence, RI 02903-3400  
401-277-4600 ext 2454  
fax 401-277-6163

**SOUTH CAROLINA**

Janice Oates  
NET Program Coordinator  
Department of Education  
Office of School Food Service  
Rutledge Office Building,  
Room 200  
1429 Senate Street  
Columbia, SC 29201  
803-734-8192  
fax 803-734-8061

**SOUTH DAKOTA**

Yibo Zhu-Wood  
NET Program Coordinator  
Department of Education and  
Cultural Affairs  
Child and Adult Nutrition  
Services  
700 Governors Drive  
Pierre, SD 57501-2291  
605-773-3413  
fax 605-773-6139

**TENNESSEE**

Ramona DeBoer  
NET Program Coordinator  
Department of Human Services  
Citizens Plaza Building  
400 Deaderick Street  
Nashville, TN 37248-9500  
615-313-4749  
fax 615-741-4165

Helen Derryberry  
NET Program Coordinator  
Department of Education  
School Nutrition programs  
710 James Robertson Parkway,  
5th Floor  
Nashville, TN 37243-0389  
615-532-4739  
fax 615-532-7860  
E-MAIL:  
hderryberry@mail.state.tn.us

#### **TEXAS**

Deborah Simpson  
NET Program Coordinator  
Department of Human Services  
P.O. Box 149030 Mail Code  
Y-906  
Austin, TX 78714-9030  
512-467-5816  
fax 512-483-3993  
E-MAIL: deborah.simpson@  
gemini.dhs.state.tx.us

#### **U.S. VIRGIN ISLANDS**

Paula Mydlenski  
NET Program Coordinator  
Department of Education  
Special Nutrition Programs  
#44-46 Kongens-Gade  
St. Thomas, USVI 00802  
809-774-9373  
fax 809-774-4679  
(If difficulty reaching USVI,  
call MARO at 609-259-5045)

#### **UTAH**

Marilyn Clayton  
NET Program Coordinator  
State Office of Education  
250 East 500 South Street  
Salt Lake City, UT 84111-3284  
801-538-7865  
fax 801-538-7883

#### **VERMONT**

Alison Gardner  
NET Program Coordinator  
Department of Health  
108 Cherry Street  
P.O. Box 70  
Burlington, VT 05402  
802-863-7606  
fax 802-863-7425

#### **VIRGINIA**

Marlene W. Culpepper  
NET Program Coordinator  
Department of Education  
School Nutrition Programs  
101 N. 14th St.  
2120 James Monroe Building  
P.O. Box 2120  
Richmond, VA 23218-2120  
804-225-2433  
fax 804-371-8593  
E-MAIL:  
mculpepper@pen.k12.va.us

#### **WASHINGTON**

Carol Griffith  
NET Program Coordinator  
Superintendent of Public  
Instruction  
Old Capitol Building  
P.O. Box 47200  
Olympia, WA 98504-7200  
360-753-3580  
fax 360-664-9397

#### **WEST VIRGINIA**

Mary Kay Harrison  
Assistant Director  
Department of Education  
NET Program Coordinator  
Office of Child Nutrition  
1900 Kanawha Boulevard East  
Building 6, Room 248B  
Charleston, WV 25305  
304-558-2708  
fax 304-558-1149

#### **WISCONSIN**

Julie K. Allington  
NET Program Coordinator  
Department of Public  
Instruction  
125 South Webster Street  
P.O. Box 7841  
Madison, WI 53707-7841  
608-267-9120  
fax 608-264-9558

#### **WYOMING**

Jeanne Puerta  
NET Program Coordinator  
Department of Education  
Nutrition Programs  
Hathaway Building, Room 284  
2300 Capitol Avenue  
Cheyenne, WY 82002-0050  
307-777-6270  
fax 307-777-6234  
E-MAIL:  
jpuerta@educ.state.wy.us



# Farmers' Markets

Look for the nearest one in your local community.

Most farmers' markets are sponsored by cities, chambers of commerce, farmer cooperatives and local not-for-profit organizations working to enhance the community and local agriculture. Typically, the markets are located on downtown public streets, squares, plazas and parking lots, in neighborhood parks, at shopping malls or at designated market facilities under open-air sheds.

Below is a sampling of local farmers' markets across the nation. (We have listed only two for each State). For those involved in planning and developing farmers' markets

around the country or for a complete listing of all farmers' markets a new directory is available: 1996 National Farmers' Market Directory. For a copy, write to:

USDA/AMS/TMD/W&AM  
P.O. Box 96456, Room 2642-South  
Washington, D.C. 20090-6456  
Phone: (202)720-8317

The Internet address of the directory is: <http://www.usda.gov/ams/states.htm>

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## ALABAMA

Jefferson County Truck  
Growers Association  
414 West Finley Avenue  
Birmingham, AL 35204  
Contact: Danny Jones  
(205) 251-8737  
YEAR-ROUND

Montgomery State Farmers'  
Market  
1655 Federal Drive  
Montgomery, AL 36109  
Contact: Benny Hitch  
(205) 242-5350  
YEAR-ROUND

## ALASKA

Central Kenai Peninsula  
Farmers' Market  
PO Box 988  
Kenai, AK 99611  
Contact: Leah Spaulding  
(907) 283-3633  
OPEN-AIR/SEASONAL  
Saturday Farmers' Market  
700 6th Avenue, Suite 206  
Anchorage, AK 99501  
Contact: Dave Harbour  
(907) 276-8970  
OPEN-AIR/SEASONAL

## ARIZONA

Heritage Square Farmers'  
Market  
7th & Monroe Streets  
Phoenix, AZ 85034  
Contact: Dee or John Logan  
(602) 848-1234  
YEAR-ROUND

Sun City-Campana Square  
Farmers' Market  
98th Avenue & Bell Road  
Sun City, AZ 85351  
Contact: Dee or John Logan  
(602) 848-1234  
OPEN-AIR/SEASONAL

## ARKANSAS

Downtown Farmers' Market  
6th & Scott Streets  
Little Rock, AR 72201  
Contact: Christy Copeland  
(501) 375-0121  
OPEN-AIR/SEASONAL

Fayetteville Farmers' Market  
The Square  
Fayetteville, AR 72701  
Contact: Sara Pollard  
(501) 634-7122  
OPEN-AIR/SEASONAL

## CALIFORNIA

Los Angeles Adams & Vermont  
Farmers' Market  
St. Agnes Catholic Church  
parking lot  
Los Angeles, CA 90007  
Contact: Roy Edwards  
(213) 777-1755  
YEAR-ROUND

San Francisco Heart of the City  
Farmers' Market  
Market & 7th Streets  
San Francisco, CA 94102  
Contact: Christine Adams  
(415) 558-9455  
YEAR-ROUND

## COLORADO

Denver Farmers' Market  
17th & Market Street  
Denver, CO 80202  
Contact: Verne Batchelder  
(303) 794-7768  
OPEN-AIR/SEASONAL

Ft. Collins Farmers' Market  
Mountain & Mason Streets  
Ft. Collins, CO 80524  
Contact: Kenneth Hall or  
Kathleen Mannix  
(970) 493-1427  
OPEN-AIR/SEASONAL

## CONNECTICUT

Hartford/Park Street Farmers'  
Market  
Park & Washington Streets  
Hartford, CT 06112  
Contact: Brian Kelliher  
(860) 749-4186  
OPEN-AIR/SEASONAL

New Haven Farmers' Market  
Orange Street, Pitkin Plaza  
New Haven, CT 06473  
Contact: James Clouse, Sr.  
(203) 272-2372  
OPEN-AIR/SEASONAL

## DELAWARE

Wilmington Farmers' Market  
8th & Orange Streets  
Wilmington, DE 19801  
Contact: Beverly Zimmerman  
(302) 571-9088  
YEAR-ROUND

## DISTRICT OF COLUMBIA

DC Open Air Farmers' Market  
Oklahoma Avenue & Benning  
Road - RFK Stadium  
Washington, DC 20002  
Contact: Al Smith  
(202) 728-2800  
OPEN-AIR/SEASONAL

Eastern Market  
7th & South Carolina Avenue  
SE  
Washington, DC 20032  
Contact: Al Smith  
(202) 543-7293  
YEAR-ROUND

## FLORIDA

Fort Myers Farmers' Market  
P. O. Box 187, 2744 Edison  
Avenue  
Ft. Myers, FL 33916  
Contact: Clad Brockett  
(941) 332-6910

YEAR-ROUND  
Gadsden County Farmers'  
Market  
U.S. 90 West, Route 4, Box  
1228-F  
Quincy, FL 32351  
Contact: Jim Warner  
(904) 627-6484  
YEAR-ROUND

## GEORGIA

Atlanta State Farmers' Market  
16 Forest Parkway  
Forest Park, GA 30050  
Contact: Mike Bonner  
(404) 366-6910  
YEAR-ROUND



Thomasville State Farmers' Market  
502 Smith Avenue  
Thomasville, GA 31792  
Contact: Rex Gay  
(912) 225-4072  
YEAR-ROUND

#### **IDAHO**

Downtown Boise Farmers' Market  
8th & Main Street  
Boise, ID 83702  
Contact: Helen Miller  
(208) 336-0267  
OPEN-AIR/SEASONAL

Twin Falls Farmers' Market  
Saturday - 2318 Addison Avenue East  
Every other Tuesday - Main & 2nd Street South  
Twin Falls, ID 83301  
Contact: Steve Tanguy  
(208) 734-7134  
OPEN-AIR/SEASONAL

#### **ILLINOIS**

Chicago Farmers' Market,  
Logan Square  
63rd & Halsted  
Chicago, IL 60602  
Contact: Constance Buscemi  
(312) 744-4006  
OPEN-AIR SEASONAL

Springfield Farmers' Market  
Downtown Square  
Springfield, IL 62701  
Contact: Paul Edwards  
(217) 789-2255  
OPEN-AIR/SEASONAL

#### **INDIANA**

Bloomington Community Farmers' Market  
East 6th Street  
Bloomington, IN 47408  
Contact: Craig Brenner  
(812) 331-6430  
OPEN-AIR/SEASONAL

Lafayette Farmers' Market  
5th Street between Main & Columbia Streets  
Lafayette, IN 47901  
Contact: Susan Smith  
(317) 742-2313  
OPEN-AIR/SEASONAL

#### **IOWA**

Davenport Association Farmers' Market  
Gaines & Western Avenues on River Drive  
Davenport, IA 52802  
Contact: Ken Nelson  
(319) 787-2429  
OPEN-AIR/SEASONAL

Downtown Des Moines Farmers' Market  
4th & Court Avenues  
Des Moines, IA 50309  
Contact: Toni Wilson  
(515) 245-3880  
OPEN-AIR/SEASONAL

#### **KANSAS**

Topeka Farmers' Market  
10th & Topeka Boulevard  
Topeka, KS 66612  
Contact: Mary Fritts  
(913) 234-9336  
OPEN-AIR/SEASONAL

Wichita Farmers' Market  
21st & Ridge  
Wichita, KS 67202  
Contact: Sandy Allen  
(316) 796-1994  
OPEN-AIR/SEASONAL

#### **KENTUCKY**

Lexington Farmers' Market  
Vine Street  
Lexington, KY 40507  
Contact: Kate Kriegel  
(502) 863-1517  
OPEN-AIR/SEASONAL

Louisville Farmers' Market  
Crescent Hill Methodist Church, Frankfort Avenue  
Louisville, KY 40206  
Contact: Maupin Cantrell  
(502) 896-0396  
OPEN-AIR/SEASONAL

#### **LOUISIANA**

Iberia Parish Farmers' Market  
Sugar Cane Festival Building  
New Iberia, LA 70562  
Contact: Norris Grabert  
(318) 369-4440  
SEASONAL

Shreveport Farmers' Market  
Parking lot of Expot Hall  
Shreveport, LA 71101  
Contact: Charles Lombardino  
(318) 673-7700  
SEASONAL

#### **MAINE**

Auburn Mall Farmers' Market  
Porteous rear lot, Turner Street side  
Auburn, ME 04210  
Contact: Leo Tetreault  
(207) 786-2976  
OPEN-AIR/SEASONAL

Augusta Farmers' Market  
Wednesday - Water Street  
Saturday - Turnpike Mall, Western Avenue  
Augusta, ME 04330  
Contact: Sharon Carter  
(207) 737-2872  
OPEN-AIR/SEASONAL

#### **MARYLAND**

Baltimore Farmers' Market  
Holiday & Saratoga Streets  
Baltimore, MD 21202  
Contact: Carole Simon  
(410) 752-8632  
OPEN-AIR/SEASONAL

Southern Maryland Regional Farmers' Market  
Route 301 South, state warehouse  
Cheltenham, MD 20623  
Contact: David Rada  
(301) 372-1066 or (in MD) 1-800-533-FARM  
SEASONAL

#### **MASSACHUSETTS**

Charlton/Mass Pike Farmers' Market  
Visitor information service area  
Boston, MA 02202  
Contact: Anneli Johnson  
(617) 727-3018  
OPEN-AIR/SEASONAL

Springfield Farmers' Market  
Main & E. Court Street, Civic Center  
Springfield, MA 01001  
(413) 786-9817  
Contact: Liz Middleton  
OPEN-AIR/SEASONAL

#### **MICHIGAN**

Detroit Eastern Market  
2934 Russell Street  
Detroit, MI 48207  
Contact: Jesse Henderson  
(313) 833-1560  
YEAR-ROUND

Grand Rapids City Farmers' Market II  
140 Monroe Center, Suite 300  
Grand Rapids, MI 49503  
Contact: Debbie Myscka  
(616) 774-7124  
OPEN-AIR/SEASONAL

#### **MINNESOTA**

Minneapolis Farmers' Market  
Off Interstate 94, exit 230  
Minneapolis, MN 55440  
Contact: Larry Cermak  
(612) 333-1718  
SEASONAL

St. Paul Farmers' Market  
290 E. Fifth Street  
St. Paul, MN 55101  
Contact: Patty Brand  
(612) 227-8101  
SEASONAL

#### **MISSISSIPPI**

Central Farmers' Market  
352 Woodrow Wilson  
Jackson, MS 39216  
Contact: Billy Carter  
(601) 354-6573  
SEASONAL

Meridian Area Farmers' Market  
1800 Main Street  
Meridian, MS 39301  
Contact: Jim Hollis  
(601) 482-9764  
SEASONAL

#### **MISSOURI**

Jefferson City Farmers' Market  
Washington Park  
Jefferson City, MO 65101  
Contact: Mike Bollinger  
(314) 634-6482  
OPEN-AIR/SEASONAL

Kansas City Farmers' Market  
5th & Main Streets off Interstate 70  
Kansas City, MO 64106  
Contact: Robin Taylor  
(816) 842-1271  
YEAR-ROUND

#### **MONTANA**

Billings Farmers' Market  
4515 Rimrock Road  
Billings, MT 59105  
Contact: Laura Mitchell  
OPEN-AIR/SEASONAL

Helena Farmers' Market  
941 Wilder Avenue  
Helena, MT 59601  
Contact: Betty LaSalle  
(406) 442-1355  
OPEN-AIR/SEASONAL

#### **NEBRASKA**

Lincoln Haymarket Farmers' Market  
Market  
(2 Locations)  
Saturday - Downtown Haymarket District  
Wednesday - Foundation Garden, 1417 N Street  
Lincoln, NE 68508  
Contact: Billene Nemec  
(402) 435-7496  
OPEN-AIR/SEASONAL

The Omaha Farmers' Market  
(2 locations)  
Thursday - Old Market parking  
lot,  
11th & Jackson Streets  
Saturday - Rockbrook Shop-  
ping Center,  
108th & Center  
Omaha, NE 68131  
Contact: Vic Gutman  
(402) 345-5401  
OPEN-AIR/SEASONAL

**NEW HAMPSHIRE**  
Concord Farmers' Market  
North State Street  
Concord, NH 03301  
Contact: Sherrie Morrill  
(603) 753-4849  
OPEN-AIR/SEASONAL

NH Farmers' Open Air Market -  
Manchester  
Beech & Valley Streets  
Manchester, NH 03104  
Contact: Gene Matteuzzi  
(603) 432-2978  
OPEN-AIR/SEASONAL

**NEW JERSEY**  
Market Square Farmers'  
Market  
275 West Market Street  
Newark, NJ 07103  
Contact: Authur Coles  
(908) 355-5458  
OPEN-AIR/SEASONAL

Trenton Farmers' Market  
960 Spruce Street  
Trenton, NJ 08648  
Contact: Jack & Marcia Ball  
(609) 695-2998  
YEAR-ROUND

**NEW MEXICO**  
Albuquerque Growers' Market  
Caravan East parking lot  
7605 Central Avenue, N.E.  
Albuquerque, NM 87110  
Contact: Ed & Pat Shaffer  
(505) 265-7250  
OPEN-AIR/SEASONAL

Santa Fe Farmers' Market  
Sanbusco Market Center  
Santa Fe, NM 87505  
Contact: Pamela Roy  
(505) 983-4098  
OPEN-AIR/SEASONAL

**NEW YORK**  
Central New York Regional  
Farmers' Market  
2100 Park Street & Hiawatha  
Boulevard  
Syracuse, NY 13208  
Contact: Chris Togias  
(315) 422-8647  
OPEN-AIR/YEAR-ROUND

East Harlem Community  
Farmers' Market  
98th Street & Lexington  
Avenue  
New York, NY 10029  
Contact: Hilary Baum  
(718) 884-5716  
OPEN-AIR/SEASONAL

Federal Plaza Greenmarket  
Broadway & Thomas Streets  
New York, NY 10013  
Contact: Barry Benepe  
(212) 477-3220  
OPEN-AIR/YEAR-ROUND

**NORTH CAROLINA**  
North Asheville Tailgate Market  
Grace Plaza  
Asheville, NC 28801  
Contact: Ira Mallard  
(704) 683-1812  
OPEN-AIR/SEASONAL

Charlotte Regional Farmers'  
Market  
1801 Yorkmont Road, P.O. Box  
669184  
Charlotte, NC 28266-9184  
Contact: Frank Suddreth  
(704) 357-1269  
YEAR-ROUND

**NORTH DAKOTA**  
Bismarck Farmers' Market  
K-mart parking lot  
Lincoln, ND 58501  
Contact: Richard Kimball  
(701) 224-9973  
OPEN-AIR/SEASONAL

The Community Farmers'  
Market  
400 4th Street South  
Fargo, ND 58103  
Contact: Jim Hahn  
(701) 347-4933  
OPEN-AIR/SEASONAL

**OHIO**  
East Cleveland Farmers'  
Market  
Coit & Woodworth Avenues  
Cleveland, OH 44112  
Contact: Dick Woodworth  
(216) 428-1385  
OPEN-AIR/SEASONAL

North Market  
29 Spruce Street  
Columbus, OH 43215  
Contact: Karen Knies  
(614) 463-9664  
OPEN-AIR/SEASONAL

**OKLAHOMA**  
Farmers Public Market  
311 Klein Street  
Oklahoma City, OK 73108  
Contact: Manager  
(405) 232-6506  
OPEN-AIR/SEASONAL

Stillwater Main Street Farmers'  
Market  
P.O. Box 1881  
Stillwater, OK 74076  
Contact: Renee Harris  
(405) 624-2921  
OPEN-AIR/SEASONAL

**OREGON**  
Lane County Farmers' Market  
East 8th & Oak Streets  
Eugene, OR 97401  
Contact: David Amorose  
(503) 342-5856  
OPEN-AIR/SEASONAL

Portland Farmers' Market  
1200 Northwest Front Avenue  
Portland, OR 97215  
Contact: Craig Mosbaek  
(503) 705-2460  
OPEN-AIR/SEASONAL

**PENNSYLVANIA**  
Reading Terminal Market  
51 North 12th & Arch Street  
Philadelphia, PA 19107  
Contact: Gerry Murphy  
(215) 922-2317  
YEAR-ROUND

State College Farmers' Market  
Locust Lane  
State College, PA 16801  
Contact: Mrs. Scott Case  
(814) 422-8735  
OPEN-AIR/SEASONAL

**RHODE ISLAND**  
South Kingstown Farmers'  
Market  
Kearney Gym, University of RI,  
Route 138 Kingston, RI  
02881  
Contact: Patricia Gardiner  
(401) 789-1388  
OPEN-AIR/SEASONAL

The Governor Dyer Coopera-  
tive Market Inc.  
Between Promenade, Valley,  
Rathbone, and Hemlock  
Streets  
Providence, RI 02908  
Contact: Cindy Mello  
(401) 273-8800  
SEASONAL

**SOUTH CAROLINA**  
Columbia Farmers' Market  
P.O. Box 13504  
Columbia, SC 29201  
Contact: Lee Sowell  
(803) 253-4041  
YEAR-ROUND

Greenville State Farmers'  
Market  
1354 Rutherford Road  
Greenville, SC 29609  
Contact: Jack Watson  
(803) 244-4023  
YEAR-ROUND

**SOUTH DAKOTA**  
Chamber of Commerce  
Farmers' Market  
108 East Missouri Avenue  
Pierre, SD 57501  
Contact: Gail Brink  
(605) 224-7361  
OPEN-AIR/SEASONAL

Downtown Farmers' Market,  
Main Street  
415 South 1st Avenue  
Sioux Falls, SD 57501  
Contact: Beth Knoblock  
(605) 338-4009  
OPEN-AIR/SEASONAL

**TENNESSEE**  
Knox County Regional  
Farmers' Market  
4700 New Harvest Lane  
Knoxville, TN 37918  
Contact: Kevin Hosey  
(615) 524-3276  
YEAR-ROUND

Metro Farmers' Market  
618 Jackson Street  
Nashville, TN 37219  
Contact: Larry Suiter  
(615) 259-7903  
YEAR-ROUND

**TEXAS**  
San Antonio Farmers' Market  
Jackson-Keller Road  
San Antonio, TX 78230  
Contact: Andy Vidaure  
(210) 663-3579  
OPEN-AIR/SEASONAL

South Austin Farmers' Market  
Pickle Road off South Congress  
Avenue  
Austin, TX 78704  
Contact: Anthony Piccola  
(512) 285-4758  
YEAR-ROUND

#### **UTAH**

Downtown Alliance Farmers'  
Market  
Pioneer Park, 300 West & 300  
South  
Salt Lake City, UT 84111  
Contact: Brad Parkin  
(801) 359-5118  
OPEN-AIR/SEASONAL

Spanish Fork Farmers' Market  
City Park, Center & Main  
Streets  
Spanish Fork, UT 84660  
Contact: Mary Maslyn  
(801) 798-5000  
OPEN-AIR/SEASONAL

#### **VERMONT**

Capitol City Farmers' Market  
State & Elm Street  
Montpelier, VT 05601  
Contact: Margery Bower  
(802) 229-1935  
OPEN-AIR/SEASONAL

West River Farmers' Market  
Routes 11 & 100  
Londonderry, VT 05148  
Contact: Ann Hausslein  
(802) 824-4486  
OPEN-AIR/SEASONAL

#### **VIRGINIA**

Charlottesville City Farmers'  
Market  
Carver Recreation Center  
Charlottesville, VA 22906  
Contact: Bob Crytzer  
(804) 971-3271  
OPEN-AIR/SEASONAL

Richmond Farmers' Market  
17th & Main Streets  
Richmond, VA 23232  
Contact: Larry Ingram  
(804) 780-8597  
OPEN-AIR/SEASONAL

#### **WASHINGTON**

Pike Place Market  
First Avenue & Pike  
Seattle, WA 98101  
Contact: Steve Evans  
(206) 682-7453  
OPEN-AIR/SEASONAL

Spokane Marketplace  
Riverfront Park  
Spokane, WA 99202  
Contact: Jackie Rappe  
(509) 482-2627  
OPEN-AIR/SEASONAL

#### **WEST VIRGINIA**

Charleston Farmers' Market  
599 Eagan Street  
Charleston, WV 25301  
Contact: Henry Bender  
(304) 558-0185  
YEAR-ROUND

Morgantown Farmers' Market  
High Street Court House Plaza  
Morgantown, WV 26507  
Contact: Asel Kennedy  
(304) 291-7201  
OPEN-AIR/SEASONAL

#### **WISCONSIN**

Madison Farmers' Market  
Capitol Square  
Madison, WI 53714  
Contact: Mary Carpenter  
(414) 563-5037  
OPEN-AIR/SEASONAL

Milwaukee Farmers' Market  
4th & Wisconsin Avenue  
Milwaukee, WI 53201  
Contact: Elizabeth Nicols  
(414) 276-6696  
OPEN-AIR/SEASONAL

#### **WYOMING**

Casper Farmers' Market  
2011 Fairgrounds Road  
Casper, WY 82604  
Contact: Sue Jones  
(307) 261-5219  
OPEN-AIR/SEASONAL

Cheyenne Farmers' Market  
1620 Central Avenue  
Cheyenne, WY 82001  
Contact: Bill Buckles  
(307) 635-9291  
OPEN-AIR/SEASONAL





# Supporter Contacts

## TEAM NUTRITION SUPPORTERS RESOURCE LIST

Ag in the Classroom  
Mattie Merritt  
United States Department of  
Agriculture  
1400 Independence Ave., SW  
Rm. 4309-S, South Building  
Washington, DC 20250-099  
Phone: 202-720-7925  
Fax: 202-690-0062

American Academy of  
Pediatrics  
Mark Grimes  
Project Manager, Division of  
Public Education  
141 NW Point Blvd.  
Elk Grove Village, IL 60007  
Phone: 847-981-6787  
Fax: 847-228-7320

American Bakers Association  
Ms. Lee Sanders  
Director, Legislative/Reg.  
Affairs  
1350 I St., NW  
Suite 1290  
Washington, DC 20005-3305  
Phone: 202-789-0300  
Fax: 202-898-1164

America the Beautiful Fund  
Free Seeds for Schools  
Project Coordinator  
1511 K Street, N.W., #611  
Washington, DC 20005  
Phone: 202-638-1649

American Cancer Society  
Alexis M. Williams, MPH  
Project Assistant  
1599 Clifton Road, NE  
Atlanta, GA 30329-4251  
Phone: 800-ACS-2345  
Phone: 404-329-7616  
Fax: 404-325-2548

American Culinary Federation/  
The Chef and the Child  
Foundation  
Pat Thibodeau  
Executive Director  
10 San Bartola Rd.  
St. Augustine, FL 32086  
Phone: 904-824-4468 (104  
or 800-624-9458  
Fax: 904-825-4758

American Dietetic Association  
Consumer Nutrition  
216 West Jackson Blvd.  
Suite 800  
Chicago, IL 60606-5995  
Consumer Nutrition Hotline:  
800-366-1655  
<http://www.eatright.org>

American Heart Association  
National Center  
7272 Greenville Ave.  
Dallas, TX 75231  
To identify local AHA Units call:  
Phone: 800-AHA-USA1

American Institute for Cancer  
Research  
Christine Murray  
VP, Public Education  
1759 R. St., NW  
Washington, DC 20009  
Phone: 202-328-7744  
Fax: 202-328-7226

Arkansas Egg Council  
Janan Jackson  
Poultry Products Specialist  
P.O. Box 8505  
Little Rock, AR 72215  
Phone: 501-324-9198  
Fax: 501-225-9727

Associated Churches Food  
Bank System  
Ellen Graham  
Food Bank Manager  
602 E. Wayne St.  
Fort Wayne, IN 46802  
Phone: 219-422-3528  
Fax: 219-422-6721

Beef Products, Inc.  
Eldon Roth  
President  
891 Two Rivers Drive  
Dakota Dunes, SD 57049  
Phone: 605-232-3300  
Fax: 605-232-3399

Bennington-Rutland  
Opportunity Council, Inc.  
(BROC)  
Cynthia J. Dundon  
School Breakfast Expansion  
Program Coordinator  
60 Center St.  
Rutland, VT 05701  
Phone: 800-717-BROC  
Phone: 802-775-0878  
Fax: 802-775-9949

Building Blocks Day School at  
The House of Mercy  
Tina Johnson  
Childcare Supervisor  
1409 Clark St.  
Des Moines, IA 50314  
Phone: 515-243-2424  
Fax: 515-243-0318

California Beef Council  
Mary Jo Feeney  
Director of Education  
5726 Sonoma Dr., Suite A  
Pleasanton, CA 94566  
Phone: 510-484-2333  
Fax: 510-484-4686

California Department of  
Education - NET Program  
Nancy Link  
Nutrition Education Specialist  
P.O. Box 944272  
Sacramento, CA 94244-2720  
Phone: 916-323-7185  
Fax: 916-323-4311

California Prune Board  
David Margill  
Foodservice Consultant  
5990 Stoneridge Dr., Suite 101  
Pleasanton, CA 94588  
Phone: 510-734-0150  
Fax: 510-734-0525

California Tomato Growers  
Association, Inc.  
John C. Welty  
Executive Vice President  
2529 W. March Lane, Suite 204  
P.O. Box 7398  
Stockton, CA 95267-0398  
Phone: 209-478-1761  
Fax: 209-478-9460  
E-Mail: [CTGA@CRIS.COM](mailto:CTGA@CRIS.COM)

Cherry Marketing Institute  
Jane Baker  
Marketing Director  
P.O. Box 30285  
Lansing, MI 48909-7785  
Phone: 517-669-4264  
Fax: 517-669-3354

Community Resource Center  
Patricia Holmes  
Executive Director  
940 Pennsylvania Ave.,  
East Liverpool, OH 43920  
Phone: 330-385-3580 Ext. 11  
Fax: 330-385-5751

Congressional Hunger Center  
Andre L. Lee  
National Director -  
INSIDEOUT  
525 A St. NE, Suite 400  
Washington, DC 20002  
Phone: 202-547-7022  
Fax: 202-547-7575

Dairy Council of Central States  
Janice Strang  
Nutrition Education Program  
Director  
8205 F St.  
Omaha, NE 68127-1779  
Phone: 402-592-3355  
Fax: 402-592-1503

Dairy Council of the Mideast  
Joyce Abercrombie  
9380 McKnight Rd., Suite 106A  
Pittsburgh, PA 15237  
Phone: 412-367-9120  
Fax: 412-369-9983

See also, National Dairy  
Council

DINE Systems, Inc.  
Darwin Dennison  
President  
586 N. French Rd.  
Amherst, NY 14228  
Phone: 716-688-2400  
Fax: 716-688-2505

Florida Department of Citrus  
Linda Hawbaker (National  
Contact)  
School Marketing Director  
1115 E. Memorial Blvd.  
Lakeland, FL 33801  
Phone: 941-499-2457  
Fax: 941-499-2374

## Florida Department of Citrus Field Reps

### *Mid-Atlantic and Northeast*

Coralee C. Tuck  
Foodservice Consultant  
4393 Blue Ridge Drive  
Gretna, VA 24557  
Phone: 804-656-1723  
Fax: 804-656-1724  
Territory: VA, WV, MD, District  
of Columbia, DE, Southern  
NJ, Long Island, NY

Tony Karras  
Foodservice Consultant  
310 Dolores Circle  
Cranberry Township, PA 16066  
Phone: 412-779-2257  
Fax: 412-779-2256  
Territory: PA, Western NY,  
Ontario, OH, KY

Sally Leonard  
Foodservice Consultant  
137 S. Maple Ave., Apt. C  
Ridgewood, NJ 07450  
Phone: 201-652-1033  
Fax: 201-447-0166  
Territory: Northern NJ,  
Eastern NY, CT, RI, MA, VT,  
NH, ME, Quebec

#### *Central*

Cathy Neal  
Foodservice Consultant  
29172 Leesburg Court  
Farmington Hills, MI 48331  
Phone: 810-553-4385  
Fax: 810-553-4490  
Territory: MI, IN, Southern IL,  
MO

Raymond E. Gross  
Foodservice Consultant  
3158 Des Plaines Ave.,  
Suite 103  
Des Plaines, IL 60018  
Phone: 847-827-8197  
Fax: 847-827-2922  
Territory: Western MI, WI,  
Northern IL, IA, MN, ND,  
SD, Manitoba

#### *South Central*

Jim Heidegger  
Foodservice Consultant  
160 West Harbor  
Hendersonville, TN 37075  
Phone: 615-824-4814  
Fax: 615-824-2314  
Territory: TN, MS, LA AR

Kathy Lord  
Foodservice Consultant  
1325 Belle Place  
Ft. Worth, TX 76107  
Phone: 817-737-5162  
Fax: 817-738-4875  
Territory: TX, OK, KS

#### *Western*

Robert Gonzales  
Foodservice Consultant  
15096 E. Radcliff Drive  
Aurora, CO 80015  
Phone: 303-766-2029  
Fax: 303-766-2062  
Territory: CO, NM, NE, WY,  
MT, Alberta, Saskatchewan

Randal E. Lowe  
Foodservice Consultant  
3702 Hamilton St.  
Irvine, CA 92714  
Phone: 714-786-8607  
Fax: 714-651-1610  
Territory: Southern CA, AZ,  
UT, NV, HI

Nancy Woods  
Foodservice Consultant  
3661 Regal Place, Apt. 4  
Los Angeles, CA 90068  
Phone: 213-436-6275  
Fax: 213-436-0970  
Territory: Northern CA, OR,  
ID, WA, British Columbia,  
AK

#### *Southeast*

Tim Mote  
Foodservice Consultant  
1581 Phoenix Blvd., Suite 6  
Atlanta, GA 30349  
Phone: 770-996-9214  
Fax: 770-996-2172  
Territory: GA, NC, SC AL

Matt Marocco  
Foodservice Consultant  
3803 Old Highway 37, Suite 50  
Lakeland, FL 33813  
Phone: 941-701-9502  
Fax: 941-701-9602  
Territory: FL, Puerto Rico

Food Marketing Institute; The  
Ms. Ann Sydnor  
Director, Consumer Affairs  
800 Connecticut Ave., NW  
Washington, DC 20006-2701  
Phone: 202-429-4540  
Fax: 202-429-4549

FOODPLAY Productions  
Ms. Barbara Storper, MS, RD  
Director  
221 Pine St.  
Northampton, MA 01060  
Phone: 413-585-8400  
Fax: 413-585-8484

General Mills, Inc.  
Ms. Karen Wilder  
PO Box 1113  
Minneapolis, MN 55440  
Phone: 612-540-2449  
Fax: 612-540-7926

Giant Food Inc.  
Ms. Janet Tenney  
Manager of Nutrition Programs  
Building 1, Dept. 597  
Box 1804  
Washington, DC 20013  
Phone: 301-341-4365  
Fax: 301-618-4968

Girl Scouts of the USA  
Ms. Verna Simpkins  
Director, Membership Program  
Services  
420 5th Ave.  
New York, NY 10018-2702  
Phone: 212-852-8000  
Fax: 212-852-6515

Green Thumb, Inc.  
Lita Levine Kleger  
Program Operations Specialist  
2000 N. 14th St., Suite 800  
Arlington, VA 22201  
Phone: 703-522-7272  
Fax: 703-522-0141

Illinois Community Action  
Association  
Kerry Sandberg  
Manager, Human Services  
P.O. Box 1090  
101 N. 16th  
Springfield, IL 62705  
Phone: 217-789-0125  
Fax: 217-789-0139

Life Lab Science Program  
Ms. Lisa D. Glick  
Education Director  
1156 High St.  
Santa Cruz, CA 95064  
Phone: 408-459-2001  
Fax: 408-459-3483

The MAGNatracker Company  
Carol Curry  
Vice President  
P.O. Box 221244  
Chantilly, VA 20153-1244  
Phone: 703-391-0522  
Fax: 703-715-8305

Massachusetts Department of  
Public Health  
Maria Bettencourt  
Director, Community Nutri-  
tion, Outreach and Training  
250 Washington St., 4th Fl.  
Boston, MA 02108-4619  
Phone: 617-624-5440

Maternal Child Health Center/  
WIC  
Deborah L. Mollet  
Nutritionist  
2415 Mitchell Rd.  
Bedford, IN 47421  
Phone: 812-279-6222  
Fax: 812-279-6349

Michigan Asparagus Advisory  
Board  
Mr. Vern Highley  
Government Relations  
2121 Eisenhower Ave.  
Suite 200  
Alexandria, VA 22314-4866  
Phone: 703-683-6786  
Fax: 703-683-6788

Michigan Plum Advisory Board  
Mr. Vern Highley  
Government Relations  
2121 Eisenhower Ave.  
Suite 200  
Alexandria, VA 22314-4866  
Phone: 703-683-6786  
Fax: 703-683-6788

Michigan Red Tart Cherry  
Information Committee  
Vern F. Highley  
Government Affairs Director  
2121 Eisenhower Ave.,  
Suite 200  
Alexandria, VA 22314  
Phone: 703-683-6786  
Fax: 703-683-6788

Minnesota Cultivated Wild Rice  
Council  
Marjorie Barnard  
Home Economist  
1306 W. County Rd. F  
Suite 109  
St. Paul, MN 55112  
Phone: 612-638-1955  
Fax: 612-638-0756

Mothers and Others  
Francine Stephens  
Intern  
40 W. 20 St.  
New York, NY 10011  
Phone: 212-242-0010 ext. 310

Muir Glen Organic Tomato  
Products  
Carolyn Coughlin  
Marketing Coordinator  
424 North 7th St.  
Sacramento, CA 95814  
Phone: 800-832-6345  
Fax: 916-557-0903

National 4-H Council  
Christi Phillips  
Marketing Director  
7100 Connecticut Ave.  
Chevy Chase, MD 20815-4999  
Phone: 301-961-2915  
Fax: 301-961-2894

National Association for Family  
and Community Education  
National Headquarters  
Ms. Patty Purnell  
P.O. Box 835  
Burlington, KY 41005  
Phone: 606-586-8333  
Fax: 606-586-8348

National Association for Sport  
& Physical Education  
Ms. Paula Keyes Kun  
1900 Association Drive  
Reston, VA 20191  
Phone: 703-476-3410  
Fax: 703-476-8316

National Cancer Institute  
Ms. Gloria Stables  
Program Director  
5-A-Day for Better Health  
EPN, Suite 232; MSC 7332  
6130 Executive Blvd.  
Bethesda, MD 20891-7332  
Phone: 800-4-CANCER  
Phone: 301-496-8520  
Fax: 301-480-6637

National Cattlemen's Beef  
Association  
Barbara Selover  
Executive Director of  
Education  
444 North Michigan Ave.  
Chicago, IL 60611  
Phone: 312-670-9260  
Fax: 312-467-1672

National Dairy Council  
Call 1-800-426-8271 to identify  
the DAIRY COUNCIL nearest  
you.

National Farmers Union  
Leesa Christensen  
National Education Director  
11900 East Cornell Ave.  
Aurora, CO 80014-3194  
Phone: 800-347-1961 ext. 2527  
Fax: 303-368-1390

**National Farmers Union  
State Contacts:**

Illinois Farmers Union  
Larry Quandt, President  
40 Adloff Lane, Suite 1  
Springfield, IL 62703  
Phone: (217) 786-4220  
Fax: (217) 585-1486

Indiana Farmers Union  
Vanessa Smith, Education Dir.  
3901 W. 86<sup>th</sup> St., Suite 285  
Indianapolis, IN 46268  
Phone: (317) 872-9991  
Fax: (317) 872-9993

Iowa Farmers Union  
Aaron Lehman, Educational  
Dir.  
2505 Elwood Drive  
Ames, IA 50010  
Phone: (800) 775-5227  
Fax: (515) 292-6888

Kansas Farmers Union  
Emil Mushrush, Comm. Dir.  
P.O. Box 1064  
901 First Street  
McPherson, KS 67460  
Phone: (316) 241-6630  
Fax: (316) 241-8054

Kansas Farmers Union  
Becky Watts, Education Dir.  
1373 Co Rd C  
Emporia KS 66801-7730  
Phone: (316) 342-3346  
Fax: (316) 241-8054

Michigan Farmers Union  
Carl McIlvain, President  
4966 S. Broadway  
Hastings, MI 49058  
Phone: (616) 945-4775  
Fax: (616) 945-4878

Minnesota Farmers Union  
Jenell Feller, Education Dir.  
600 Co. Rd. D West, Suite 14  
St. Paul, MN 55112-3521  
Phone: (612) 639-1223  
Fax: (612) 639-0421

Montana Farmers Union  
Dawn Breece, Education Dir.  
P.O. Box 2447  
300 River Drive North  
Great Falls, MT 59403  
Phone: (406) 452-6406  
Fax: (406) 727-8216

Nebraska Farmers Union  
Sally Herrin, Education Dir.  
P.O. Box 2667  
1305 Plum Street  
Lincoln, NE 68502-2667  
Phone: (402) 476-8815  
Fax: (402) 476-8859

New York Farmers Union  
Bruce Krug, State Coordinator  
Box 84 W Road  
Constableville, NY 13325  
Phone: (315) 397-2523  
Fax: (315) 942-3437

North Dakota Farmers Union  
Tammy Huber, Education Dir.  
P.O. Box 2136  
1415 12<sup>th</sup> Ave. SE  
Jamestown, ND 58401  
Phone: (701) 252-2340  
Fax: (701) 252-6584

Northwest Farmers Union  
Dallin Reese, President  
Rt. 2, Box 2640  
125 East 100 South  
Burley ID 83318  
Phone: (208) 678-2534  
Fax: (208) 678-9538

Ohio Farmers Union  
Joan Ruen, Education Dir.  
P.O. Box 363  
1011 N. Defiance St.  
Ottawa, OH 45875  
Phone: (419) 523-5300  
Fax: (419) 523-5913

Oklahoma Farmers Union  
Kerensa Darnell, Education  
Dir.  
P.O. Box 24000  
6200 NW 2<sup>nd</sup> Street  
Oklahoma City, OK 73127  
Phone: (405) 789-5666  
Fax: (405) 491-1599

Pennsylvania Farmers Union  
Robert Junk, President  
Point Shopping Ctr., Suite 205  
I 83 & Union Deposit Road  
Harrisburg, PA 17111  
Phone: (717) 561-7200  
Fax: (717) 561-7211

Rocky Mountain Farmers  
Union  
Bob Mailander, Education Dir.  
10800 E. Bethany Dr.,  
Suite 450  
Aurora, CO 80014-2632  
Phone: (303) 752-5800  
Fax: (303) 752-5810

South Dakota Farmers Union  
Brian Jennings, Education Dir.  
P.O.Box 1388  
1410 Dakota Ave. S.  
Huron, SD 57350  
Phone: (605) 352-6761  
Fax: (605) 352-6768

Texas Farmers Union  
Wes Sims, President  
P.O. Box 7276  
5400 Bosque Blvd., Suite 300  
Waco, TX 76714-7276  
Phone: (817) 776-4700  
Fax: (817) 776-5940

Wisconsin Farmers Union  
Cathy Statz, Education Dir.  
118 West Spring Street  
Chippewa Falls, WI 54729  
Phone: (715) 723-5561  
Fax: (715) 723-7011

Utah Farmers Union  
Lee Reese, President  
5284 South 320 West,  
Suite C-144  
Murray, UT 84107  
Phone: (801) 261-1221  
Fax: (801) 261-1366

National FFA  
Carol Duval  
Food for America Program  
Coordinator  
5632 Mt. Vernon Memorial  
Highway  
PO Box 15160  
Alexandria, VA 22309-0160  
Phone: 703-360-3600  
Fax: 703-360-5524  
<http://www.ffa.org>

National Gardening Association  
Education Department  
180 Flynn Avenue  
Burlington, VT 05401  
Phone: 1-800-LETSGRO  
(1-800-538-7476)  
Fax: 802-863-5962  
<http://www.garden.org/edu>

National Pasta Association  
Cecelia Leavitt  
2101 Wilson Blvd., #920  
Arlington, VA 22201  
Phone: 703-841-0818  
Fax: 703- 528-6507

National PTA  
330 N. Wasbach Ave.  
Suite 2100  
Chicago, IL 60611  
Phone: 312-670-6782  
Fax: 312-670-6782  
<http://www.pta.org>

National Restaurant  
Association  
Caitlin Storhaug  
Consumer Affairs Specialist  
1200 17th St., NW  
Washington, DC 20036-3097  
Phone: 202-331-5900  
Fax: 202-331-2429

National Turkey Federation  
Julie Deyoung  
Director of PR  
1225 New York Ave., NW  
Washington, DC 20005  
Phone: 202-898-0100  
Fax: 202-898-0203

New England Dairy and Food  
Council  
Vicki Bourneuf  
Director, Education Programs  
1034 Commonwealth Ave.  
Boston, MA 02215  
Phone: 800-969-0002

North Carolina Sweet Potato  
Commission, Inc.  
Sue Johnson-Langdon  
Executive Director  
1327 N. Brightleaf Blvd.,  
Suite H  
Smithfield, NC 27577  
Phone: 919-989-7323  
Fax: 919-989-3015

Pomptonian Inc.  
Candy Vidovich  
Vice President & Operations  
57 Coney Rd.  
Little Falls, NJ 07424  
Phone: 201-785-8814  
Fax: 201-785-2463

Project NOW Community  
Action Agency  
418 19th St.  
P.O. Box 3970  
Rock Island, IL 61204-3970  
Phone: 309-793-6384  
Fax: 309-793-6352

Pumpkin Circle  
A project of Informed  
Democracy  
P.O. Box 67  
Santa Cruz, CA 95063  
Phone: 800-827-0949  
Fax: 408-426-3921

Second Harvest St. Paul Food  
Bank  
Theresa Leko  
Membership Specialist  
1140 Gervais Ave.  
St. Paul, MN 55117  
Phone: 612-484-5117  
Fax: 612-484-1064

Snyder of Berlin Snack Food  
Co.  
Michele James  
Marketing Manager  
1313 Stadium Dr.  
Berlin, PA 15530  
Phone: 814-267-4641  
Fax: 814-267-5648

Soy Protein Council  
Allison Isaacman  
Administrative Assistant  
1255 23rd St., NW, Suite 850  
Washington, DC 20037  
Phone: 202-467-6610  
Fax: 202-466-4949

The Sugar Association Inc.  
Sarah Barnett  
Vice President, Public Affairs  
1101 15th St., NW  
Washington, DC 20005  
Phone: 202-785-1122  
Fax: 202-785-5019

Texas Produce Association  
Bill Weeks  
President  
901 Business Park Dr.,  
Suite 500  
Mission, TX 78572  
Phone: 210-581-8632  
Fax: 210-581-3912

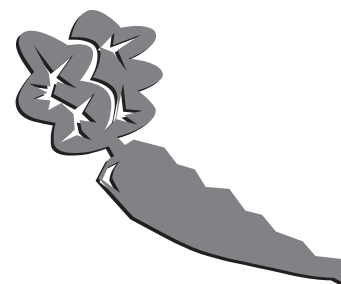
U.S. Apple Association  
Ms. Debbie Mierke  
Public Relations Dept.  
6707 Old Dominion Dr.  
Suite 320  
McLean, VA 22101  
Phone: 703-442-8850  
Fax: 703-790-0845

The Vegetarian Resource  
Group  
Sue Havala, M.S., R.D.  
P.O. Box 1463  
Baltimore, MD 21203  
Phone: 410-366-VEGE  
Fax: 410-366-8804

Washington State Dairy  
Council  
Debra V. French  
4201 198th St., SW, Suite 102  
Lynnwood, WA 98036  
Phone: 206-744-1616  
Fax: 800-470-1222

Wisconsin Rural Development  
Center  
Bill Wenzel  
Executive Director  
125 Brookwood Drive  
Mount Horeb, WI 53572  
Phone: 608-437-5971  
Fax: 608-437-5972  
Email: billwenzel@aol.com

World Hunger Year  
Kids Can Make A Difference  
Program  
Larry and Jane Levine  
P.O. Box 54  
Kittery Point, ME 03905  
Phone: 207-439-9588  
Fax: 207-439-4917



# Feedback Form

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*We want to hear from you! Please complete and return this form telling us about your Team Nutrition Days' activities so we can recognize your participation and share your success with other Team Nutrition Schools.*

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Name: \_\_\_\_\_

Title: \_\_\_\_\_

School: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_

**1.** Name of Team Nutrition Days' activity:

**2.** Purpose/intended outcome of your activity:

**3.** Brief description of your activity:

**4.** Number of students involved:

**5.** How did you work with your school's Food Service personnel during the activity?

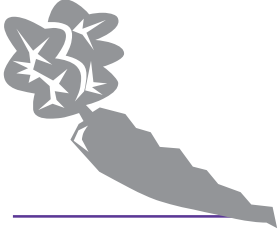
**6.** How were Team Nutrition Supporters involved in your activity?

**7.** How did parents participate in your activity?



**8.** What other community members and organizations participated in your activity? How?

**9.** Will your Team Nutrition Days' activities continue beyond May or become an annual event?



*If you have pictures  
of your event to  
share, please send  
copies.*

*Unfortunately, we  
will not be able to  
return pictures.*

**10.** What do you consider to be the greatest success of your school's Team Nutrition Days' activities? (Please don't be modest! We want to hear about the difference your programs make!)

**11.** What do you think would be important for another school to know if they wanted to conduct a similar activity?

**12.** Please share any additional comments or tips for other Team Nutrition schools:

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Thank you for your input. Please return  
this form no later than June 13, 1997, to:

Vicky Urcuyo  
Team Nutrition  
Food and Consumer Service  
3101 Park Center Drive  
Room 802  
Alexandria, VA 22302